

2010-2011 Grab N Go Lunch Menu

	Monday				Tuesday				Wednesday				Thursday				Friday			
	PCS#	Item Name	Elem	Sec	PCS#	Item Name	Elem	Sec	PCS#	Item Name	Elem	Sec	PCS#	Item Name	Elem	Sec	PCS#	Item Name	Elem	Sec
Week 1	REC2343	Deluxe Grilled Chicken Sandwich	1 ea	1 ea	REC6358	Asian Chicken Salad	1 ea	1 ea	REC3370	Turkey and Cheese Deli Sub	1 ea	1 ea	REC2373	Salami & Provolone Sub	1 ea	1 ea	REC6368	Turkey and Swiss on Kaiser Roll	1 ea	1 ea
	1719 1901	Baby Carrots and Ranch Dressing	1 pkg 1 pkt	1 pkg 1 pkt	0820	Apple Slices	1 pkg	1 pkg	3809	Honey Roasted Sunflower Seeds	----	1 pkg	9003	Apple	1 ea	1 ea	9252	Pear	1 ea	1 ea
	9202	Orange	1 ea	1 ea	6628	Dinner Roll	1 ea	1 ea	9040-4	Banana	1 ea	1 ea	3908	Jungle Crackers	----	1 pkg	REC2266 1901	Fresh Vegetable Tray and Ranch Dressing	1 ea 1 pkt	1 ea 1 pkt
	1485	Tropical Treat Crackers	----	1 pkg					1331	Raisins	----	1 box					1509	Goldfish Graham	----	1 ea
	REC0693	1% White Milk or NF Chocolate Milk	1 ea	1 ea	REC0693	1% White Milk or NF Chocolate Milk	1 ea	1 ea	REC0693	1% White Milk or NF Chocolate Milk	1 ea	1 ea	REC0693	1% White Milk or NF Chocolate Milk	1 ea	1 ea	REC0693	1% White Milk or NF Chocolate Milk	1 ea	1 ea
Week 2	REC2241	Chicken Caesar Salad	1 ea	1 ea	REC3340	All American Sub	1 ea	1 ea	REC1184	Cheesy Country Sandwich	1 ea	1 ea	REC2494	Southwestern Chicken Wrap	1 pkg	1 pkg	REC2493	Chicken Ranch Wrap	1 ea	1 ea
	9040-4	Banana	1 ea	1 ea	REC2266 1901	Fresh Vegetable Tray and Ranch Dressing	1 ea 1 pkt	1 ea 1 pkt	1719	Baby Carrots	1 pkg	1 pkg	6630	Grapes	1 pkg	1 pkg	9003	Apple	1 ea	1 ea
	6628	Dinner Roll	1 ea	1 ea	3908	Jungle Crackers	----	1 pkg	0820	Apple Slices	1 pkg	1 pkg	1509	Goldfish Graham	----	1 ea	1485	Tropical Treat Crackers	----	1 pkg
									1439	Goldfish Pretzels	----	1 pkg								
	REC0693	1% White Milk or NF Chocolate Milk	1 ea	1 ea	REC0693	1% White Milk or NF Chocolate Milk	1 ea	1 ea	REC0693	1% White Milk or NF Chocolate Milk	1 ea	1 ea	REC0693	1% White Milk or NF Chocolate Milk	1 ea	1 ea	REC0693	1% White Milk or NF Chocolate Milk	1 ea	1 ea
Week 3	REC2369	Cured Turkey and Cheese Deli Sub	1 ea	1 ea	REC2396	Turkey Caesar Wrap	1 ea	1 ea	REC3370	Turkey and Cheese Deli Sub	1 ea	1 ea	REC0694	Taco Salad	1 ea	1 ea	REC2343	Deluxe Grilled Chicken Sandwich	1 ea	1 ea
	9252	Pear	1 ea	1 ea	9202	Orange	1 ea	1 ea	3809	Honey Roasted Sunflower Seeds	----	1 pkg	6178	Salsa	#16	#16	0820	Apple Slices	1 pkg	1 pkg
	1719	Baby Carrots	1 pkg	1 pkg	0820	Apple Slices	1 pkg	1 pkg	9040-4	Banana	1 ea	1 ea	6630	Grapes	1 pkg	1 pkg	1509	Goldfish Graham	----	1 ea
	1439	Goldfish Pretzels	----	1 pkg	3908	Jungle Crackers	----	1 pkg	1485	Tropical Treat Crackers	----	1 ea					1331	Raisins	----	1 box
	REC0693	1% White Milk or NF Chocolate Milk	1 ea	1 ea	REC0693	1% White Milk or NF Chocolate Milk	1 ea	1 ea	REC0693	1% White Milk or NF Chocolate Milk	1 ea	1 ea	REC0693	1% White Milk or NF Chocolate Milk	1 ea	1 ea	REC0693	1% White Milk or NF Chocolate Milk	1 ea	1 ea
Week 4	REC2241	Chicken Caesar Salad	1 ea	1 ea	REC3340	All American Sub	1 ea	1 ea	REC2494	Southwestern Chicken Wrap	1 pkg	1 pkg	REC2308	Sunbutter and Jelly Sandwich	1 ea	1 ea	REC2378	Turkey and Pepper Jack Sub	1 ea	1 ea
	9202	Orange	1 ea	1 ea	9003	Apple	1 ea	1 ea	9040-4	Banana	1 ea	1 ea	3809	Honey Roasted Sunflower Seeds	----	1 pkg	6630	Grapes	1 pkg	1 pkg
	3908	Jungle Crackers	----	1 pkg	1719	Baby Carrots	1 pkg	1 pkg	0820	Apple Slices	1 pkg	1 pkg	REC2266 1901	Fresh Vegetable Tray and Ranch Dressing	1 ea 1 pkt	1 ea 1 pkt	1439	Goldfish Pretzels	1 pkg	1 pkg
													9252	Pear	1 ea	1 ea				
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2010-2011 Hi Tech High Vegetarian Grab N Go Lunch Menu

		Monday				Tuesday				Wednesday				Thursday				Friday			
		PCS#	Item Name	Elem	Sec	PCS#	Item Name	Elem	Sec	PCS#	Item Name	Elem	Sec	PCS#	Item Name	Elem	Sec	PCS#	Item Name	Elem	Sec
Week 1	REC2255	Vegetarian Sandwich on Whole Grain Bread	1 ea	1 ea	REC4585	Fruit & Cheese Plate	1 ea	1 ea	REC2308	Sunbutter and Jelly Sandwich	1 ea	1 ea	REC0695	Vegetarian Taco Salad over Chips	1 ea	1 ea	REC0762	Vegetarian Deluxe Sub	1 ea	1 ea	
	1719 1901	Baby Carrots and Ranch Dressing	1 pkg 1 pkt	1 pkg 1 pkt	0820	Apple Slices	1 pkg	1 pkg	3809	Honey Roasted Sunflower Seeds	---	1 pkg	9003	Apple	1 ea	1 ea	9252	Pear	1 ea	1 ea	
	9202	Orange	1 ea	1 ea	6628	Dinner Roll	1 ea	1 ea	9040-4	Banana	1 ea	1 ea	3908	Jungle Crackers	---	1 pkg	REC2266 1901	Fresh Vegetable Tray and Ranch Dressing	---	1 ea 1 pkt	
	1485	Tropical Treat Crackers	---	1 pkg					1331	Raisins	---	1 box					1509	Goldfish Graham	---	1 ea	
	REC0693	1% White Milk or NF Chocolate Milk	1 ea	1 ea	REC0693	1% White Milk or NF Chocolate Milk	1 ea	1 ea	REC0693	1% White Milk or NF Chocolate Milk	1 ea	1 ea	REC0693	1% White Milk or NF Chocolate Milk	1 ea	1 ea	REC0693	1% White Milk or NF Chocolate Milk	1 ea	1 ea	
Week 2	REC2255	Vegetarian Sandwich on Whole Grain Bread	1 ea	1 ea	REC4585	Fruit & Cheese Plate	1 ea	1 ea	REC2308	Sunbutter and Jelly Sandwich	1 ea	1 ea	REC0695	Vegetarian Taco Salad over Chips	1 ea	1 ea	REC0762	Vegetarian Deluxe Sub	1 ea	1 ea	
	9040-4	Banana	1 ea	1 ea	REC2266 1901	Fresh Vegetable Tray and Ranch Dressing	1 ea 1 pkt	1 ea 1 pkt	3809	Honey Roasted Sunflower Seeds	---	1 pkg	6630	Grapes	1 pkg	1 pkg	9003	Apple	1 ea	1 ea	
	6628	Dinner Roll	1 ea	1 ea	3908	Jungle Crackers	---	1 pkg	1719	Baby Carrots	1 pkg	1 pkg	1509	Goldfish Graham	---	1 ea	1485	Tropical Treat Crackers	---	1 pkg	
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Week 3	REC2255	Vegetarian Sandwich on Whole Grain Bread	1 ea	1 ea	REC4585	Fruit & Cheese Plate	1 ea	1 ea	REC2308	Sunbutter and Jelly Sandwich	1 ea	1 ea	REC0695	Vegetarian Taco Salad over Chips	1 ea	1 ea	REC0762	Vegetarian Deluxe Sub	1 ea	1 ea	
	9252	Pear	1 ea	1 ea	9202	Orange	1 ea	1 ea	3809	Honey Roasted Sunflower Seeds	---	1 pkg	6178	Salsa	#16	#16	0820	Apple Slices	1 pkg	1 pkg	
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	1439	Goldfish Pretzels	---	1 pkg	3908	Jungle Crackers	---	1 pkg	1485	Tropical Treat Crackers	---	1 ea					1331	Raisins	---	1 box	
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Week 4	REC2255	Vegetarian Sandwich on Whole Grain Bread	1 ea	1 ea	REC4585	Fruit & Cheese Plate	1 ea	1 ea	REC0695	Vegetarian Taco Salad over Chips	1 ea	1 ea	REC2308	Sunbutter and Jelly Sandwich	1 ea	1 ea	REC0762	Vegetarian Deluxe Sub	1 ea	1 ea	
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