

Stroudsburg Area School District Grades 5-12 MAY 2010 Menu



Outtakes
Available Daily
Grab & Go
Assorted
Packaged Wild
Greens Salads
Offered with
Crackers & a
choice of milk

Questions or
Comments please
contact the Nancy
Franks of Dining
Services at
(570) 421-4840

Menu May
Change Due to
Product
Availability

Students \$1.75
Adult \$2.90

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Spicy Chicken Cheese Steak on Roll Choice of Green Beans or Corn Fresh Fruit Low Fat Milk	4 Tuna Melt Baked Potato Wedges Fresh Fruit Low Fat Milk	5 Baked Breaded Chicken Sweet Potatoes Steamed Green Beans Dinner Roll Warm Baked Apple Slices Low Fat Milk	6 Chicken Fajita Fiesta Rice Salsa Steamed Corn Chilled Peaches Low Fat Milk	7 Pork Nachos W/ Cheese Sauce Choice of Steamed Corn or Green Beans
10 Chef's Choice Menu to be Announced	11 Egg, Ham & Cheese Bagel Melt Baked Tator Tots Fresh Fruit Low Fat Milk	12 Pasta w/ Italian Meat Sauce Dinner Roll Steamed Green Beans Fresh Apple Low Fat Milk	13 South of the Border Chicken Wrap with Cheddar cheese & Salsa Mixed Vegetables Chilled Pineapples	14 BBQ Pork on Bun Baked Potato Wedges Fresh Fruit Low Fat Milk
17 Ham & Cheese Bagel Melt Baked Sweet Potatoes & Apples Fresh Fruit Low Fat Milk	18 Pork Nachos w/ Cheese Sauce Choice of Green Beans or Corn Fresh Fruit Low Fat Milk	19 Breaded Chicken Patty on whole wheat bun Romaine Lettuce & tomato topping Mixed Vegetables Applesauce Low Fat Milk	20 Chicken Enchilada White Rice Steamed Corn Fresh Apple Low Fat Milk	21 Chef's Choice Menu to be Announced
24 Spicy Chicken Cheese Steak on Roll Baked Potato Wedges Fresh Fruit Low Fat Milk	25 Pork Nachos w/ Cheese Sauce Choice of Green Beans or Corn Fresh Fruit Low Fat Milk	26 Pasta w/ Italian Meat Sauce Dinner Roll Steamed Green Beans Fresh Apple Low Fat Milk	27 Baked Breaded Chicken Nuggets, roll Mashed Potatoes Mixed Vegetables Apple Muffin Square Orange, Low Fat Milk	28 Chef's Choice Menu to be Announced
31 MEMORIAL DAY NO SCHOOL	Cafeteria Substitutes are needed. Please call 421-4840 for more information			



Deli Sandwiches
Made Fresh,
Made Your Way
High School Only

Select from Choice of
Rolls or Sliced Breads

Choose a filling from:
Deli Meats Assorted
Cheeses

Add your toppings

Finish it off with your
favorite dressing,
mayonnaise, mustard or
oil & vinegar

All Sandwich Central
Sandwiches are offered w/
a scoop of home made
pasta salad and a fruit
and a choice of Milk

Mondays- Turkey Club
Wrap

Tuesdays- Grilled
Chicken Ranch Wrap

Wednesdays- Turkey &
American on Kaiser w/
Lettuce & tomato

Thursdays- Tuna Salad on
Kaiser w/ Lett & Tomato
Fridays- Tuna Salad
Wrap

Daily- Hamburger, Cheeseburger, Chicken Sandwich, or Daily Special
(**Mon. = Breaded chicken patty, Tue.-Fri. = grilled**)



Mondays- Chicken Parmesan Wrap

Tuesdays- Caribbean Grilled Chicken w/ Lettuce & Tomato

Wednesdays- Grilled Chicken Club on WW bun

Thursdays- Grilled Chicken Parmesan on WW Bun

Fridays- Egg Sandwich w/ Peppers & Cheese

All Fresh Grille Entrees are offered with a veggie topping, fruit, & a choice of milk



Daily: Our Signature Plain Pizza

Mondays- Hot Chicken Pizza



Tuesdays- Chicken Tostado Flatbread

Wednesdays- Mexican Pizza

Thursdays- Chicken & Cheese

Quesadilla Hot Pocket w/ Sauce

Fridays- Pepperoni Pizza

All Trattoria Entrees are offered with salad, fruit, and

