

# Newburyport High School Lunch Menu February 2012

“Simply Good” Delicious Complete Meals are Offered Every Day! This Month’s Food Focus is Low Fat Yogurt



## Favorite Comfort Foods & International Flavors Served Your Way in a Bowl



Deli Sandwiches & Salads  
Made Fresh Your Way

**Available Daily**  
Tortilla Wraps, Rolls  
Whole Wheat Bread  
Assorted Meats  
Deli Salads  
Hummus & Cheeses  
Iceberg/Romaine  
Lettuce, Tomatoes  
Onions, Peppers  
Cucumbers, Carrots  
Homemade Spreads  
& Salads

**Look for our Daily Specials!**



Cold Fruit & Vegetable Bar  
Offered Daily

**Monday**

Tossed Garden Salad  
Veggie Pasta Salad  
Chilled Mixed Fruit  
Fresh Local Apple

**Tuesday**

Classic Caesar Salad  
Citrus Bean Salad  
Mandarin Oranges  
Apple Crisp

**Wednesday**

Asian Spinach Salad  
Tangy Orzo Salad  
Cranberry Pear Salad  
Petite Banana

**Thursday**

Tossed Garden Salad  
Marinated Tomato & Cucumber Salad  
Chilled Strawberries  
Fruit Crisp

**Friday**

Classic Caesar Salad  
Cranberry Broccoli Salad  
Cinnamon Applesauce  
Orange Wedges

<p><b>Look for our February Food Focus, Low-Fat Yogurt.</b> <i>Low – fat yogurt is a good source of protein and an excellent source of calcium you need for strong bones and healthy teeth.</i></p>		<p><b>1</b> <b>Buffalo Chicken Bowl</b> <i>Brown Rice</i> Spicy Chicken Tenders Romaine Lettuce Spinach &amp; Tomatoes Carrot/Celery Sticks <i>R. F. Bleu Cheese Dressing</i></p>	<p><b>2</b> Early Release No Lunch Breakfast Served Until 7:25am</p>	<p><b>3</b> <b>“Super Bowl” BBQ Bowl</b> Diced Pork with Homemade Honey Barbeque Sauce <i>Brown Rice</i> Corn, Tomatoes <i>Red Beans</i> <i>Diced Red Onion</i></p>
<p><b>6</b> <b>Chicken, Cheese and Red Bean Enchilada</b> Fiesta Rice Seasoned Broccoli <i>Low Fat Sour Cream</i> <i>Chunky Salsa</i></p>	<p><b>7</b> <b>Tex Mex Nacho Bowl</b> Tortilla Chips Spicy Beef Home Made Cheese Sauce Mexican Brown Rice <i>Salsa Salad</i></p>	<p><b>8</b> <b>Turkey Broccoli Alfredo</b> Penne Pasta Whole Wheat Bread Stick <i>Roma Herb Blend Seasoning</i> <b>Old Fashioned Fruit Crisp</b></p>	<p><b>9</b> <b>“Eileen’s, Shepherd’s Pie Bowl”</b> Seasoned Ground Beef Gravy, Mashed Potatoes and Corn Whole Wheat Dinner Roll</p>	<p><b>10</b> <b>MOM’S Mashed Potato Bowl</b> Crispy Popcorn Chicken Mashed Potatoes, Gravy Seasoned Corn Whole Wheat Dinner Roll</p>
<p><b>NEW! 13</b> <b>“Mac &amp; Cheese Mix-In Bowl”</b> Buffalo Chicken Diced Ham, Broccoli Stir-Fried Veggies Baked Pretzel <i>Crushed Red Pepper Flakes</i></p>	<p><b>14</b> <b>Happy Valentines Day! Thai Bowl</b> Chicken Tenders Fluffy Brown Rice Homemade Thai Basil Sauce, Pepper Strips Shredded Carrots &amp; Onions <i>Cupids Cake!</i></p>	<p><b>15</b> <b>Italian Sausage Bake</b> Whole Wheat Pasta Marinara Sauce Seasoned Fresh Carrots Parmesan Bread Stick <i>Roma Herb Blend Seasoning</i></p>	<p><b>16</b> <b>Oven Baked Apple Cranberry Chicken</b> Cornbread Stuffing Mashed Potatoes Sweet Peas <i>Cranberry Relish</i></p>	<p><b>17</b> <b>Spicy Chili Bowl</b> Beef &amp; Bean or Turkey Chili <b>Roasted Potato Wedges</b> Spicy Lime Tortilla Strips Mexican Corn Shredded Cheddar Cheese</p>
<p><b>Winter Break...</b></p> <p><b>Have Fun!</b></p>				
<p><b>27</b> <b>Fish Taco</b> Baked Tilapia with Cilantro Lime Sauce, Shredded Lettuce, Tomatoes &amp; Cheese Seasoned Brown Rice Red Cabbage Slaw</p>	<p><b>28</b> <b>Teriyaki Chicken Bowl</b> Brown Rice Oriental Vegetables (Broccoli, red/ green peppers, carrots, peapods) Fresh Pineapple Fortune Cookie</p>	<p><b>29</b> <b>Pasta &amp; Meatballs</b> Roasted Italian Vegetables W. W. Garlic Bread <i>Roma Herb Blend Seasoning</i></p>	<p><b>1</b> Early Release No Lunch Breakfast Served Until 7:25am</p>	<p><b>2</b> <b>Warm Chicken Caesar Salad Bowl</b> Grilled Chicken Tenders Romaine Lettuce, Diced Tomatoes, Light Caesar Dressing, Parmesan Cheese, W.W. Croutons</p>

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**Classic Cheese Pizza Fresh Baked Daily**  
Made on Whole Wheat Crust w/ Reduced Fat Cheese  
**Specials:**

**Monday:** Pepperoni Pizza - Cheese Bread Stick  
W/ Marinara Dipping sauce  
**Tuesday:** BBQ Chicken Pizza – Spinach & Swiss Quiche  
**Wednesday:** Margarita Flatbread – Broccoli  
Cheddar & Chicken Calzone  
**Thursday:** Buffalo Chicken Pizza – Italian Stromboli  
**Friday:** Hawaiian Pizza – Cheese Steak Flatbread Fold  
Visit our “Extra-Extra Bar” for your fruit & vegetable selections.



**Lean Beef Burgers w/Cheese, Breaded Chicken Sandwiches & Veggie Burgers Available Daily**  
**Specials:**

**Mondays:** Italian Meatball Sub w/ Broccoli & Cheese  
\*Pesto Chicken Panini  
**Tuesday:** Steak & Cheese Sub w/ Apple Crisp  
Pressed Triple Decker Bean Tostados with Red Bean Salad  
**Wednesdays:** Buffalo Chicken w/ Baked Fries  
Italian Sausage & Pepper Panini  
**Thursdays:** Italian Meatloaf Parmesan w/ Spicy Fries  
Chicken & Cheese Quesadilla  
**Fridays:** Toasted 3 Cheese on Italian Bread w/ Tomato Soup  
\*Arizona Chicken Panini  
Visit our “Extra-Extra Bar” for your fruit & vegetable selections.



**Assorted Fresh Food Fast Sandwiches and Salads Packaged for Grab N’ Go**  
(Salads served with a Whole Wheat dinner roll or Syrian bread)  
**Specials:**

**Mondays:** Caesar Salad, with Chicken or Egg  
**Tuesdays:** Mediterranean Salad Plate  
**Wednesdays:** Garden Salad with Tuna  
**Thursdays:** Spinach Salad with Garden Tomatoes  
**Fridays:** Deli Chef Salad  
**Available Daily with Fresh Fruit**  
Hummus, Fresh Veggies & Toasted Pita Bread  
**NEW!** Veggie Pasta Salad with Chicken  
Tuna Salad on Multi Grain Bread – Chicken Caesar Wrap  
**P&J on Whole Wheat Bread**  
(Sandwiches served with a Side Salad)

Lunch Price \$2.75 - Reduced \$.40  
\*Premium Lunch \$3.50  
Any questions please call:  
**Director of Dining Services**  
**978-465-4460**