



Fox Valley Lutheran High School Food Court Lunch Menu



December
2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Chef's Choice All Meals Include a Trip to the Fruit & Vegetable Bar Carton of Milk \$3.25 Fresh vegetables plus fresh and canned fruits are available daily with lunch from the Fruit & Vegetable Bar.	Chicken Express	 	 Made To Order Sub Your choice of : Fresh baked White or Wheat Sub Roll Turkey or Ham Swiss or American Cheese Lettuce Tomatoes Pickles Black Olives Jalapeños Cucumbers Red Onions Green Peppers Banana Peppers Assorted Condiments Served with Kettle Chips	 1 Crunchy Fish Taco Cilantro Lime Rice Black Bean & Corn Salsa Assorted Toppings 8 Beefy Nachos with Homemade Cheese Sauce Corn and Rice Bake Black Beans Assorted Toppings 15 Fiesta Mexican Lasagna Garden Salad Assorted Toppings Pear Crisp 22 Southwest Turkey Nachos Mexican Brown Rice Black Beans Assorted Toppings 29	 A Selection Of: Rotini Penne Spaghetti Marinara Meatball Marinara Alfredo Chicken Alfredo Parmesan Cheese Garlic Bread Stick
	A Selection Of: Popcorn Chicken Chicken Tenders Chicken Nuggets Served With Mashed Potatoes & Gravy Featured Vegetable du Jour Wheat Dinner Roll 	6 Chicken Fried Rice, Egg Roll, Kung Fu Carrots, Fortune Cookie, Rice Krispy Bar Feature By Chef Rae Look for Weekly Emails! 13 American Turkey Pot Pie Popeye Salad Whole Grain Roll Feature By Chef Rae Look for Weekly Emails! 20 Oven Baked Chicken, Herb Roasted Potatoes, Green Beans, Roll, Chocolate Chip Cookie Feature By Chef Rae Look for Weekly Emails! 	Sausage Cheese Pizza Burger Oven Baked Fries 	Personal Pizza or Calzone Sausage Pepperoni Cheese BBQ Pork Rib Sandwich Oven Baked Fries 	Chef's Choice Cheese Chef's Choice Oven Baked Fries
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Pizza Parlor	Pepperoni Cheese	Italian Stromboli Cheese	Sausage Cheese	Personal Pizza or Calzone Sausage Pepperoni Cheese	Chef's Choice Cheese
 Grill Station Diner	Cheeseburger on a Bun Oven Baked Fries	Crispy Chicken Sandwich Grilled Chicken Sandwich Oven Baked Fries	Pizza Burger Oven Baked Fries	BBQ Pork Rib Sandwich Oven Baked Fries	Chef's Choice Oven Baked Fries
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Salad Fresh Choices All Meals Include a Trip to the Fruit & Vegetable Bar Carton of Milk \$3.25 All Salads are served with a Choice of Dressing and a Bread Option				1 Turkey Sub Italian Antipasto Pasta Salad	2 Yogurt Pack Taco Salad
	5 Chicken Caesar Wrap Confetti Ham Pasta Salad	6 Turkey Ranch Wrap Southwest Chicken Salad	7 Ham & Swiss Bagel Broccoli Salad with Cheese Stick	8 Ham Pinwheel Garden Salad	9 Yogurt Pack Turkey BLT Salad
	12 Buffalo Chicken Wrap Chef Salad	13 Egg Salad Sandwich Crispy Chicken Salad	14 Cold Cut Combo Asian Spinach Salad	15 Turkey Sub Italian Antipasto Pasta Salad	16 Yogurt Pack Taco Salad
	19 Chicken Caesar Wrap Confetti Ham Pasta Salad	20 Turkey Ranch Wrap Southwest Chicken Salad	21 Ham & Swiss Bagel Broccoli Salad with Cheese Stick	22 Ham Pinwheel Garden Salad	No School

Menus subject to change without notice.

DECEMBER
HARVEST OF THE MONTH

Pears Parsnips Peas



Along with broad beans and lentils, peas formed an important part of the diet of most people in the Middle East, North Africa and Europe during the Middle Ages. By the 17th and 18th centuries it had become popular to eat peas "green", that is, while they are immature and right after they are picked. This was especially true in France and England. New cultivars of peas were developed by the English during this time which became known as garden peas and English peas. The popularity of green peas spread to North America.

Vegetables and fruits from local growers will be offered and used in recipes when available.

Free & Reduced-meal forms can be obtained from all building offices at any time throughout the school year.

To Check the Balance in your Lunch Account or for Additional Information Contact:
 Rae Deadman, FSD
 920-560-5180
 rdeadman@fvlhs.org

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