



Fox Valley Lutheran High School Food Court Lunch Menu



January
2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>All Meals Include a Trip to the Fruit & Vegetable Bar Carton of Milk</p> <p>\$3.25</p> <p>Fresh vegetables plus fresh and canned fruits are available daily with lunch from the Fruit & Vegetable Bar.</p>	<p>Chicken Express</p>					
	<p>A Selection Of:</p> <p>Popcorn Chicken</p> <p>Chicken Tenders</p> <p>Chicken Nuggets</p> <p>Served With</p> <p>Mashed Potatoes & Gravy Featured Vegetable du Jour Wheat Dinner Roll</p>	<p>3 Breakfast Stackers (Pancakes and Sausage) Scrambled Eggs, Cinnamon Apples Feature By Chef Rae Look for Weekly Emails!</p> <p>10 Turkey & Gravy, Mashed Potatoes, Peas, Dinner Roll Feature By Chef Rae Look for Weekly Emails!</p> <p>17 Parmesan Crusted Fish, Buttered Noodles, Glazed Carrots, Wheat Dinner Roll Feature By Chef Rae Look for Weekly Emails!</p> <p>24 Toasted Grilled Cheese, Tomato Soup, Italian Pasta Salad Feature By Chef Rae Look for Weekly Emails!</p> <p>31 Pizza Bake, Caesar Salad, Garlic Bread Stick Feature By Chef Rae Look for Weekly Emails!</p>	<p>Made To Order Sub</p> <p>Your choice of :</p> <p>Fresh baked White or Wheat Sub Roll</p> <p>Turkey or Ham Swiss or American Cheese</p> <p>Lettuce Tomatoes Pickles Black Olives Jalapeños Cucumbers Red Onions Green Peppers Banana Peppers Assorted Condiments</p> <p>Served with Kettle Chips</p>	<p>5 Southwestern Turkey Nachos Mexican Brown Rice Black Beans Assorted Toppings Fruit Crisp</p> <p>12 NO LUNCH</p> <p>19 Beefy Nachos with Homemade Cheese Sauce Corn and Rice Bake Black Beans Assorted Toppings</p> <p>26 Soft or Hard Shell Tacos Taco Beef or Fajita Chicken Mexican Brown Rice Black Beans Assorted Toppings</p>	<p>A Selection Of:</p> <p>Rotini Penne Spaghetti</p> <p>Marinara Meatball Marinara Alfredo Chicken Alfredo</p> <p>Parmesan Cheese</p> <p>Garlic Bread Stick</p>	
		<p>Pepperoni Cheese</p>	<p>Italian Stromboli Cheese</p>	<p>Sausage Cheese</p>	<p>Personal Pizza or Calzone Sausage Pepperoni Cheese</p>	<p>Chef's Choice Cheese</p>
		<p>Cheeseburger on a Bun Oven Baked Fries</p>	<p>Crispy Chicken Sandwich Grilled Chicken Sandwich Oven Baked Fries</p>	<p>Pizza Burger Oven Baked Fries</p>	<p>BBQ Pork Rib Sandwich Oven Baked Fries</p>	<p>Chef's Choice Oven Baked Fries</p>
		<p>2 No School</p> <p>9 Chicken Caesar Wrap Confetti Ham Pasta Salad</p> <p>16 No School</p> <p>23 Chicken Caesar Wrap Confetti Ham Pasta Salad</p> <p>30 Buffalo Chicken Wrap Chef Salad</p>	<p>3 Chicken Salad Sandwich Crispy Chicken Salad</p> <p>10 Turkey Ranch Wrap Chicken Caesar Salad</p> <p>17 Chicken Salad Sandwich Crispy Chicken Salad</p> <p>24 Turkey Ranch Wrap Chicken Caesar Salad</p> <p>31 Chicken Salad Sandwich Crispy Chicken Salad</p>	<p>4 Cold Cut Combo Oriental Chicken Salad</p> <p>11 Ham & Swiss Bagel Broccoli Salad with Cheese Stick</p> <p>18 Cold Cut Combo Oriental Chicken Salad</p> <p>25 Ham & Swiss Bagel Broccoli Salad with Cheese Stick</p>	<p>5 Turkey Sub Italian Antipasto Pasta Salad</p> <p>12 NO LUNCH</p> <p>19 Turkey Sub Italian Antipasto Pasta Salad</p> <p>26 Ham and Cheese Pinwheel Garden Salad</p>	<p>6 Yogurt Pack Taco Salad</p> <p>13 NO LUNCH</p> <p>20 Yogurt Pack Taco Salad</p> <p>27 Yogurt Pack Turkey BLT Salad</p>

Menus subject to change without notice.

JANUARY
HARVEST OF THE MONTH

Clementine

Acorn Squash

Brown Rice

FOOD
Thoughts

Agriculture employs more than 24 million American workers (17% of the total U.S. work force).

Today's American farmer feeds about 155 people worldwide. In 1960, that number was 25.8.



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