



La Salle Institute High School -middle school Lunch Menu January 2017

GET FRESH.
BUY LOCAL.



Home-style favorites made with healthy proteins, whole grains, fresh fruits and vegetables.



Freshly Prepared Deli Style Sandwiches Made to Order
Featuring:
• Fresh Veggies
• Variety of Cheeses
• Whole Grain Breads, Rolls and Wraps



Daily house made soup

Offered with all meals:

Create Your Own Salad with Fresh Greens and a variety of Garden Fresh Veggies and Toppings.

Chef Creations like Pasta and Potato Salads are also available.

| 1 | 2 | 3 | 4 | 5 |
|--|--|---|---|---|
| New year's day | Chicken Tenders Mashed Potatoes Buttered Corn | Burrito Bar Make your own Burrito Peppers, onions, sour cream. Cheddar cheese Pico de galo Spanish rice | Crispy buffalo Chicken sub Onion rings Cheddar Broccoli vegetable | Pepperoni and Sausage pizza bagel Pasta Marinara Italian Green beans |
| 8 | 9 | 10 | 11 | 12 |
| Oven Fried Chicken Tender Chicken with Creamy Potatoes Au gratin Sweet buttered corn | Soft Beef Taco's Served on a hard shell Fresh Pico De Galo Buttered White Rice Mexicali corn | Philly Cheese Steak served with onions, peppers and mushrooms Mashed potatoes and gravy and buttered corn | Lo Mein Noodles With Chicken Pork Egg Roll Lucky fried Rice | Buffalo Chicken Personal Pan Pizza Buttered Rigatoni Garlic Broccoli |
| 15 | 16 | 17 | 18 | 19 |
| Martin Luther King Day | Soft Chicken Taco's Spanish Rice Frijoles Mexican Corn | Pepperoni Pizza Pasta Bake Garlic Breadstick Green Bean Saute' | Chili Cheese Dog Crinkled Fries Seasoned Broccoli with Cheese sauce | Beef Stromboli Grinder Sub Gemelli Marinara Garlic Breadstick |
| 22 | 23 | 24 | 25 | 26 |
| Chicken Parmesan Spaghetti Roasted fall vegetable Ratatouille | Chicken Caesar Salad Croutons Lemon Garlic Broccoli Garlic breadstick | Ground Turkey Nacho's Steamed Rice Vegetarian Refried Beans Sour cream, roasted tomato salsa | Crispy Chicken breast tenders Waffles, with Syrup Mashed Potatoes Southern Green beans | Chicken Bacon Ranch Pizza Classic Mac and cheese Steamed Broccoli Florets |
| 29 | 30 | 31 | | |
| Honey Ginger Chicken Chef Salad Cilantro Lime rice Vegetable egg rolls | Pork Sandwich Mac and Cheese Sweet and Spicy green beans | Chicken Broccoli Alfredo Garlic Breadstick Fresh Broccoli Florets | | |

Menu Subject to Change



Any questions please call Aaron Mondore, Director of Dining Services at 518-682-7428

If you have any food allergies, please let us know!

Prices: Student Meal: \$4.40



Daily hand Tossed Pizza by the slice



Available daily:

Cheeseburger, Chicken Patty, fresh buffalo Chicken
Served with Your Choice of Hot or Cold Vegetables, Salad, Fruit, Milk and Whole Grain Bread



Assorted pre-packaged entrée salads and deli sandwiches offered with fruits, vegetables and milk.

Daily Specials may include...

Chicken Caesar Wrap, Chicken Caesar Salad, Turkey Club Sandwich, Italian Sub and Yogurt Parfait's and



Grilled Panini

Toasty and Delicious!
Check the Deli Station daily for toasted Panini Specials

This institution is an equal opportunity provider and employer