



John Paul II High School

September 2010



Menu Subject to Change Without Notice

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Chef Salad w/ Baked Potato Avail- able / Milk, Choco- late Milk Available with Meal</i>	2	3	1	2	3 <i>1/2 Day No Lunch</i>	4
5	6 <i>Spaghetti 'n Meat Balls, Steamed Green Beans, Garlic Bread, Orange</i>	7 <i>Steak Fingers, Mash Potatoes, Gravy, Steamed Corn, Apple Sauce</i>	8 <i>Breaded Chicken On a bun, Crinkle Cut Potatoes Ranch Style Beans, Lite Fruit Cocktail</i>	9 <i>Salisbury Steak, White Rice, Steamed Carrots, Roll , Lite Pears</i>	10 <i>Beef Burrito, Chili Cheese, Spanish Rice, Refried Beans, Sugar Free Cookie</i>	11
12	13 <i>Chicken Parme- san, Penne Pasta, Steamed Green Beans, Garlic Bread , Orange</i>	14 <i>Cheeseburger on a Wheat Bun, Baked Potato Wedges Hamburger Salad, Apple Sauce</i>	15 <i>Tortellini with Alfredo Sauce, Green Beans, Garlic Bread, Lite Fruit Cocktail</i>	16 <i>Cheese Enchiladas, Refried Beans, Spanish Rice, Lite Peach Slices</i>	17 <i>Grilled Ham & Cheese, Cheesy Macaroni, Vegetable Soup, Sugar Free Cookie</i>	18
19	20 <i>Cheese Ravioli, Steamed Green Beans, Garlic Bread , Orange</i>	21 <i>Chicken Strips with Country Gravy, Mashed Potatoes, Steamed Corn, Applesauce</i>	22 <i>Beef Tacos Spanish Rice, Refried Beans, Lite Fruit Cocktail</i>	23 <i>Foot long Hot Dogs, Baked Potato Wedges, Steamed Carrots Lite Peach Slices</i>	24 <i>Sloppy Joe on a Bun, Corn on the Cob, Ranch Style Beans, Sugar Free Cookie</i>	25
26	27 <i>Chicken Alfredo, Penne Pasta, Green Beans, Garlic Bread, Orange</i>	28 <i>Grilled Ham & Cheese, Cheesy Macaroni, Vegetable Soup, Lite Pears</i>	29 <i>Ft. Long Corn Dog, Baked Fries, Corn on the Cob, Lite Fruit Cocktail</i>	30 <i>Chicken Fried Steak, Mash Pota- toes, Gravy, Steamed Carrots, Lite Peaches</i>	1 <i>1/2 Day No Lunch</i>	2