

CARDEN CONEJO SCHOOL

Rotating Lunch Menu

Fall 2010

Week 1

Monday	
Entrée	Teriyaki Chicken
Side 1	Edamame Fried Rice
Side 2	Broccoli and Red Pepper Stir Fry
Side 3	Sliced Oranges
Side 4	Fortune Cookie
Tuesday	
Entrée	Nona's Baked Ziti with Homemade Marinara
Side 1	Garlic Toast
Side 2	Green Salad with Lite Italian
Side 3	Grapes
Side 4	
Wednesday	
Entrée	BBQ Chicken Legs - NEW
Side 1	Baked Beans
Side 2	Sweet Corn
Side 3	Cut Fruit
Side 4	
Thursday	
Entrée	Hamburger on Whole Grain Bun
Side 1	Baked Sweet Potato Fries
Side 2	Roasted Cauliflower with Parmesan
Side 3	Cut Fruit
Side 4	
Friday	
Entrée	Cheese Pizza - NEW
Side 1	Green Salad with Light Ranch
Side 2	Fruit Salad
Side 3	Warm Scalloped Apples with Cinnamon
Side 4	

Week 2

Monday	
Entrée	Chicken Parmesan with Homemade Marinara
Side 1	Spaghetti with Olive Oil and Garlic, Basil
Side 2	Sautéed Zucchini
Side 3	Cut Fruit
Side 4	
Tuesday	
Entrée	Light Mac and Cheese
Side 1	Broccoli and Carrots
Side 2	Green Salad with Light Ranch
Side 3	Fruit Salad
Side 4	
Wednesday	
Entrée	Chicken Tacos - NEW
Side 1	Spanish Rice
Side 2	Salad Bar
Side 3	Cut Fruit
Side 4	
Thursday	
Entrée	Turkey and Cheese Sub Sandwich on Wheat Roll
Side 1	Green Salad with Light Caesar
Side 2	Cut Fruit
Side 3	Fruit Crisp
Side 4	
Friday	
Entrée	Cheese Pizza - NEW
Side 1	Green Salad with Light Ranch
Side 2	Fruit Salad
Side 3	Warm Scalloped Apples with Cinnamon
Side 4	