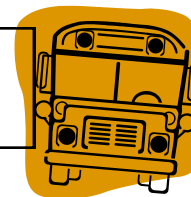


# High School Hot LUNCH MENU

Welcome  
Back to school!



  
**FOUR SEASONS**  
food service management

Available Daily  
Wraps, Sandwiches,  
Salads, Fresh fruit,  
Parfaits,  
Hummus & Crudite,  
Snacks & Drinks

**Pre Order**  
**Available for**  
**Salads & Wraps &**  
**Vegetarian options**  
**@fस्पreorder.com**  
**Order the day before**  
**Until 8:30 am day of**

Choose your side  
and make it a  
meal!

Vegetable of the day  
Roasted potatoes  
French fries  
Mixed salad  
Mashed potatoes  
Onion rings  
Rice of the day  
Beans of the day

Fresh fruit of the day  
(Apple, Orange, Pear)

Side choices depend on  
Entrées for that day.

**Featuring**  
**Boar's Head**  
**Brand**  
**Deli Meats**



	Mon	Tue	Wed	Thu	Fri
Week 1	Bacon cheeseburger Vegetable lo mein Popcorn chicken <i>Chicken cutlet bruschetta</i>	Chicken Tenders Mini Tacos Tuesday Cheese Ravioli Meatball Panini	Rigatoni w/ broccoli, <b>Chicken quesadillas</b> Chicken & Rice Bowl Roast beef Panini	Hamburger/cheeseburger Penne Alfredo Chicken parm Turkey-BLT Wrap	Pasta w/Vodka sauce Pizza Mozzarella sticks Chicken nuggets Baked Tilapia
Week 2	Spaghetti w/meatballs Popcorn chicken Chinese beef & broccoli Black bean burger Meatball hero	Chicken tenders Tortellini Alfredo w/peas Ham & Swiss Panini Chicken Taco Tuesday	Stuffed shells & dinner roll Chicken quesadillas Crispy chicken sandwich Chicken Francese	Chicken parm Mac & cheese wedges Hamburger/cheeseburger Sausage & peppers	Pasta w/Vodka sauce Pizza Mozzarella sticks Chicken nuggets Panini- Mozzarella & tomato w/ roasted peppers
Week 3	Pasta w/ marinara sauce Popcorn chicken <i>Beef empanadas</i> Chicken & Rice Bowl	Roast beef Panini Spaghetti w/garlic & oil Chicken tenders Beef Taco Tuesday	Rigatoni w/ broccoli, <b>Chicken quesadillas</b> Pizza egg roll Hot dog Potatoes & eggs sub	Hamburger/cheeseburger <b>Spaghetti w/ butter</b> Chicken parm Roasted chicken wings Onion rings	Pasta w/Vodka sauce Pizza Mozzarella sticks Panini- Chicken Chicken nuggets
Week 4	Spaghetti w/garlic & oil Popcorn chicken Veggie burger Sloppy Joe on a bun	Pasta marinara Chicken marsala Chicken tenders Philly cheese steak	Grilled chicken club Pasta primavera Chicken Quesadillas <b>Breakfast for lunch</b> <b>French toast wedges,</b> <b>bacon &amp; potatoes!</b>	Hamburger/cheeseburger Grilled cheese Chicken parm Mac & cheese wedges Onion rings	Pasta w/Vodka sauce Pizza Mozzarella sticks Chicken nuggets Panini- Eggplant, mozzarella & roasted peppers
Week 5	Macaroni & cheese Popcorn chicken <b>Buffalo wings</b> <i>Panini-Turkey, bacon &amp; cheese</i>	Chicken tenders Tortellini Alfredo w/peas Chicken Taco Tuesday	Spaghetti w/garlic & oil Chicken quesadillas Crispy chicken sandwich Roast beef platter	Chicken parm <b>Chicken Stir-Fry</b> Mac & cheese wedges Hamburger/cheeseburger	Pizza Pasta w/vodka sauce Mozzarella sticks Chicken nuggets Frittata

**Choose your corresponding menu day beginning with week 1.**  
*Please skip daily menu for school closings/ holidays & non- service days-*  
*Refer to your school calendar*  
*For Dietary or Allergy Questions please call 732-780-4478*

Pre order your salad or wrap @fस्पreorder.com /or visit us @Fourseasonsfsm.com