

MARCH 2012

EDINA SCHOOLS SECONDARY MENU

MONDAY

Main Event Combo Meal \$2.50
Premium Combo Meal -\$3.10
Reduced Meal \$4.40
Adult Meal \$3.65 & \$4.25

Cartons of Skim, 1% or Skim Chocolate Milk - \$.50

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

\$2.50 combo entrée: 5
 Vegetable Chili & Corn Bread Muffin (V)
\$3.10 combo entrée:
 Tuscan Sub, Garden Salad (V)
May Choose Two to Four:
 Squash, Fruit Cocktail, Tossed Salad, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket,

\$2.50 combo entrée: 6
 Chicken Lo Mein
\$3.10 combo entrée:
 Tuscan Sub, Garden Salad (V)
May Choose Two to Four:
 Peas, Mandarin Oranges, Caesar Salad, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

\$2.50 combo entrée: 7
 Beef Hot Dog
\$3.10 combo entrée:
 Tuscan Sub, Garden Salad (V)
May Choose Two to Four:
 Baked Beans, Peaches in Juice, Tossed Salad, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

\$2.50 combo entrée: 8
 Italian Dunker w/Meat sauce
\$3.10 combo entrée:
 Tuscan Sub, Garden Salad (V)
May Choose Two to Four:
 Seasoned Carrots, Pears in Juice, Caesar Salad, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

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No School


NUTRIENT ANALYSIS- AVERAGE: Calories:829 Vitamin A: 6570 IU Vitamin C: 70.8 Mg Total Fat. 24.5G
% OF TARGET Calories: 100% Vitamin A: 438% Vitamin C: 393% Total Fat 26.6% Cal

\$2.50 combo entrée: 12
 Grilled Cheese (V)
 Tuna Salad Sub (V), Bean Taco Salad
May Choose Two to Four:
 Green Beans, Applesauce, Tossed Salad, Fresh Fruit & Veggies, Fruit Juice, Bread Basket, Carton of Milk

\$2.50 combo entrée: 13
 Vegetable Egg Roll w/ red Beans and Rice (V), Tuna Salad Sub (V), Bean Taco Salad
May Choose Two to Four:
 Mixed Vegetables, Fruit Cocktail, Caesar Salad, Fresh Fruit & Veggies, Fruit Juice, Bread Basket, Carton of Milk

\$2.50 combo entrée: 14
 Sloppy Joes
\$3.10 combo entrée:
 Tuna Salad Sub (V), Bean Taco Salad
May Choose Two to Four:
 Seasoned Carrots, Applesauce, Tossed Salad, Fresh Fruit & Veggies, Fruit Juice, Bread Basket, Asst. Carton of Milk

\$2.50 combo entrée: 15
 Chicken Nuggets
\$3.10 combo entrée:
 Tuna Salad Sub (V), Bean Taco Salad
May Choose Two to Four:
 Sweet Potato Fries, Peaches in Juice, Caesar Salad, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

\$2.50 combo entrée: 16
 Macaroni & Cheese (V)
\$3.10 combo entrée:
 Tuna Salad Sub (V), Bean Taco Salad
May Choose Two to Four:
 Steamed Broccoli, Strawberries, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

NUTRIENT ANALYSIS- AVERAGE: Calories:844 Vitamin A:5839U Vitamin C: 72.67Mg Total Fat.27.69G
% OF TARGET Calories: 102% Vitamin A: 389% Vitamin C: 404% Total Fat 29.53 %

\$2.50 combo entrée: 19
 Cheese Quesadilla (V)
\$3.10 combo entrée:
 Tuscan Sub, Popeye Salad (V)
May Choose Two to Four:
 Red Beans & Brown Rice, Peaches in Juice, Tossed Salad, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

\$2.50 combo entrée: 20
 Greek Chicken Gyro
\$3.10 combo entrée:
 Tuscan Sub, Popeye Salad (V)
May Choose Two to Four:
 Green Beans, Mandarin Oranges, Caesar Salad, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

\$2.50 combo entrée: 21
 Lasagna w/ Meat sauce
\$3.10 combo entrée:
 Tuscan Sub, Popeye Salad (V)
May Choose Two to Four:
 Seasoned Carrots, Pears in Juice, Tossed Salad, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

\$2.50 combo entrée: 22
 Turkey w/ Gravy
\$3.10 combo entrée:
 Tuscan Sub, Popeye Salad (V)
May Choose Two to Four:
 Mashed Potatoes, Pineapple in Juice, Caesar Salad, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

\$2.50 combo entrée: 23
 Fish Fillet (V)
\$3.10 combo entrée:
 Tuscan Sub, Popeye Salad (V)
May Choose Two to Four:
 Sweet Potato Fries, Tuscan Bean Salad, Cocktail Fruit, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

NUTRIENT ANALYSIS- AVERAGE: Calories:829 Vitamin A: 8107 Vitamin C: 62.2 Total Fat.23.9
% OF TARGET Calories: 101 Vitamin A: 540 Vitamin C: 346 Total Fat 25.79

\$2.50 combo entrée: 26
 Lasagna Roll-Ups
\$3.10 combo entrée:
 Egg Salad Sandwich (V), Garden Salad (V)
May Choose Two to Four:
 Steamed Spinach, Peaches, Tossed Salad, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

\$2.50 combo entrée: 27
 Beef Stew
\$3.10 combo entrée:
 Egg Salad Sandwich (V), Garden Salad (V)
May Choose Two to Four:
 Mashed Potatoes, Fruit Cocktail, Caesar Salad, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

\$2.50 combo entrée: 28
 Vegetable Potstickers (V)
\$3.10 combo entrée:
 Egg Salad Sandwich (V), Garden Salad (V)
May Choose Two to Four:
 Brown Rice Pilaf, Pear, Tossed Salad, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

\$2.50 combo entrée: 29
 French Toast Sticks & Turkey Sausage
\$3.10 combo entrée:
 Egg Salad Sandwich (V), Garden Salad (V)
May Choose Two to Four:
 Carrots, Pineapple, Caesar Salad, Fresh Fruit & Veggies, Fruit Juice, Bread Basket, Carton of Milk

\$2.50 combo entrée: 30
 Bean Burrito (V)
\$3.10 combo entrée:
 Egg Salad Sandwich (V), Garden Salad (V)
May Choose Two to Four:
 Squash, Applesauce, Fresh Fruit Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

NUTRIENT ANALYSIS- AVERAGE: Calories:818 Vitamin A:6485 IU Vitamin C: 65.1Mg Total Fat.23.9 G
% OF TARGET Calories: 99% Vitamin A: 432% Vitamin C: 364% Total Fat 26.3%