








# January 2010 St. Basil's School

Name \_\_\_\_\_

Class \_\_\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																								
4 Roast Turkey/Gravy Mashed Potatoes Cranberry Sauce Corn Whole Grain Roll  <table border="1" style="float: right;"> <tr><td>Regular</td><td><input type="checkbox"/></td></tr> <tr><td>Alternative</td><td><input type="checkbox"/></td></tr> </table>	Regular	<input type="checkbox"/>	Alternative	<input type="checkbox"/>	5 Teriyaki Chicken w/Steamed Vegetables and Noodles Mini Egg Roll Orange Smiles Fortune Cookie <table border="1" style="float: right;"> <tr><td>Regular</td><td><input type="checkbox"/></td></tr> <tr><td>Alternative</td><td><input type="checkbox"/></td></tr> </table>	Regular	<input type="checkbox"/>	Alternative	<input type="checkbox"/>	6 Tacos/Cheese/Salsa Shredded Lettuce/Tomato Cornbread Carrot Sticks/FF Dip Fruit  <table border="1" style="float: right;"> <tr><td>Regular</td><td><input type="checkbox"/></td></tr> <tr><td>Alternative</td><td><input type="checkbox"/></td></tr> </table>	Regular	<input type="checkbox"/>	Alternative	<input type="checkbox"/>	7 Lasagna Tossed Salad w/LF Dressing WW Breadstick Fruit Crisp  <table border="1" style="float: right;"> <tr><td>Regular</td><td><input type="checkbox"/></td></tr> <tr><td>Alternative</td><td><input type="checkbox"/></td></tr> </table>	Regular	<input type="checkbox"/>	Alternative	<input type="checkbox"/>	8 Domino's Pizza Party Veggie Tray/FF Dip Fruit Oatmeal Cookie <table border="1" style="float: right;"> <tr><td>Regular</td><td><input type="checkbox"/></td></tr> <tr><td>Alternative</td><td><input type="checkbox"/></td></tr> <tr><td>Extra Slice</td><td><input type="checkbox"/></td></tr> </table>	Regular	<input type="checkbox"/>	Alternative	<input type="checkbox"/>	Extra Slice	<input type="checkbox"/>		
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11 Chicken Quesadillas w/Salsa Corn Sweet Potato Fries Chilled Fruit <table border="1" style="float: right;"> <tr><td>Regular</td><td><input type="checkbox"/></td></tr> <tr><td>Alternative</td><td><input type="checkbox"/></td></tr> </table>	Regular	<input type="checkbox"/>	Alternative	<input type="checkbox"/>	12 Stuffed Breadsticks/Sauce Caesar Salad/LF Dressing Petite Banana Pudding <table border="1" style="float: right;"> <tr><td>Regular</td><td><input type="checkbox"/></td></tr> <tr><td>Alternative</td><td><input type="checkbox"/></td></tr> </table>	Regular	<input type="checkbox"/>	Alternative	<input type="checkbox"/>	13 Spaghetti/Chicken Parmesan Italian Bread Tossed Salad/LF Dressing Fruit Jell-O <table border="1" style="float: right;"> <tr><td>Regular</td><td><input type="checkbox"/></td></tr> <tr><td>Alternative</td><td><input type="checkbox"/></td></tr> </table>	Regular	<input type="checkbox"/>	Alternative	<input type="checkbox"/>	14 Grilled Cheese Sandwich Tomato Soup/Crackers Veggie Tray/ FF Dip Fruit Graham Crackers  <table border="1" style="float: right;"> <tr><td>Regular</td><td><input type="checkbox"/></td></tr> <tr><td>Reg. Seconds</td><td><input type="checkbox"/></td></tr> <tr><td>Alternative</td><td><input type="checkbox"/></td></tr> </table>	Regular	<input type="checkbox"/>	Reg. Seconds	<input type="checkbox"/>	Alternative	<input type="checkbox"/>	15 Domino's Pizza Party Cucumber Slices/FF Dip Fruit Goldfish <table border="1" style="float: right;"> <tr><td>Regular</td><td><input type="checkbox"/></td></tr> <tr><td>Alternative</td><td><input type="checkbox"/></td></tr> <tr><td>Extra Slice</td><td><input type="checkbox"/></td></tr> </table>	Regular	<input type="checkbox"/>	Alternative	<input type="checkbox"/>	Extra Slice	<input type="checkbox"/>
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18 <b>NO SCHOOL</b> 	19 Macaroni & Cheese Hot Dog on Bun Carrot Sticks/FF dip Grapes  <table border="1" style="float: right;"> <tr><td>Regular</td><td><input type="checkbox"/></td></tr> <tr><td>Alternative</td><td><input type="checkbox"/></td></tr> </table>	Regular	<input type="checkbox"/>	Alternative	<input type="checkbox"/>	20 Taco Salad w/Tostitos Cheese/ Salsa Shredded Lettuce/Tomato Fruit Yogurt Cake <table border="1" style="float: right;"> <tr><td>Regular</td><td><input type="checkbox"/></td></tr> <tr><td>Alternative</td><td><input type="checkbox"/></td></tr> </table>	Regular	<input type="checkbox"/>	Alternative	<input type="checkbox"/>	21 Chicken Nuggets/BBQ Sauce Whole Grain Roll Veggie Tray/FF Dip Seasonal Fruit <table border="1" style="float: right;"> <tr><td>Regular</td><td><input type="checkbox"/></td></tr> <tr><td>Reg. Seconds</td><td><input type="checkbox"/></td></tr> <tr><td>Alternative</td><td><input type="checkbox"/></td></tr> </table>	Regular	<input type="checkbox"/>	Reg. Seconds	<input type="checkbox"/>	Alternative	<input type="checkbox"/>	22 Domino's Pizza Party Tossed Salad/LF Dressing Fruit Pretzel Rods <table border="1" style="float: right;"> <tr><td>Regular</td><td><input type="checkbox"/></td></tr> <tr><td>Alternative</td><td><input type="checkbox"/></td></tr> <tr><td>Extra Slice</td><td><input type="checkbox"/></td></tr> </table>	Regular	<input type="checkbox"/>	Alternative	<input type="checkbox"/>	Extra Slice	<input type="checkbox"/>				
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25 Kids Turkey "Subway" Sandwich Lettuce/Tomato 1/2 oz. Chips Carrot Sticks/FF Dip Fruit <table border="1" style="float: right;"> <tr><td>Regular</td><td><input type="checkbox"/></td></tr> <tr><td>Alternative</td><td><input type="checkbox"/></td></tr> </table>	Regular	<input type="checkbox"/>	Alternative	<input type="checkbox"/>	26 Chicken Caesar Salad Breadstick Orange Smiles <table border="1" style="float: right;"> <tr><td>Regular</td><td><input type="checkbox"/></td></tr> <tr><td>Alternative</td><td><input type="checkbox"/></td></tr> </table>	Regular	<input type="checkbox"/>	Alternative	<input type="checkbox"/>	27 Beef Steak Sandwich/Cheese Garden Salad/LF Dressing Potatoes Pears <table border="1" style="float: right;"> <tr><td>Regular</td><td><input type="checkbox"/></td></tr> <tr><td>Alternative</td><td><input type="checkbox"/></td></tr> </table>	Regular	<input type="checkbox"/>	Alternative	<input type="checkbox"/>	28 Mozzarella Sticks/Sauce Whole Wheat Breadstick Caesar Salad w/LF Dressing Grapes Goldfish <table border="1" style="float: right;"> <tr><td>Regular</td><td><input type="checkbox"/></td></tr> <tr><td>Reg. Seconds</td><td><input type="checkbox"/></td></tr> <tr><td>Alternative</td><td><input type="checkbox"/></td></tr> </table>	Regular	<input type="checkbox"/>	Reg. Seconds	<input type="checkbox"/>	Alternative	<input type="checkbox"/>	29 Domino's Pizza Party Caesar Salad w/LF Dressing Fruit Pretzel Rods  <table border="1" style="float: right;"> <tr><td>Regular</td><td><input type="checkbox"/></td></tr> <tr><td>Alternative</td><td><input type="checkbox"/></td></tr> <tr><td>Extra Slice</td><td><input type="checkbox"/></td></tr> </table>	Regular	<input type="checkbox"/>	Alternative	<input type="checkbox"/>	Extra Slice	<input type="checkbox"/>
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Sweet potatoes are readily available and a wonderfully tasteful root vegetable. The significant health benefits of this low-fat, high fiber vegetable is that they are a rich source of vitamins A and E. Sweet potatoes are among the top three richest sources of Potassium along with bananas and white potatoes.



Pizza	Bagel w/ Cream Cheese, Sliced Tomato, Fresh Fruit, 100% Juice, 1 oz. Cheese Stick, Graham Crackers	Hot Dog on Bun	Turkey/Cheese on Snowflake Roll, Lettuce/Tomato, Fruit, Goldfish	Bagel w/ Cream Cheese, Sliced Tomato, Fresh Fruit, 100% Juice, 1 oz. Cheese Stick, Graham Crackers
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Number of Lunches \_\_\_\_\_ X \$3.00 = \_\_\_\_\_ Choice of Milk with all meals.  
 Number of Extra Slices \_\_\_\_\_ X \$1.00 = \_\_\_\_\_ Menu Subject to Change  
 Number of Seconds for Regular Main Component \_\_\_\_\_ X \$1.00 = \_\_\_\_\_  
 Total due: \$ \_\_\_\_\_

Sample Boxes: Please check appropriate box

<input type="checkbox"/>	Regular
<input type="checkbox"/>	Alternative
<input type="checkbox"/>	Extra Slice of Pizza on Fridays only