

Cathedral High School
Lunch Menu 2009- 2010
Cycle 2
Master Week 8 March 8 to March 12



STOP
think about eating a smaller portion
SLOW
balance your meal with green choices
GO
eat all you want!

	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
	● Turkey Escarole with Rice Soup	● Canadian Pea Soup	● Cream of Chicken Soup	● Broccoli Cheddar Soup	
	●●● The Salad Works	●●● The Salad Works	●●● The Salad Works	●●● The Salad Works	
	●●● Classic Cuts Deli	●●● Classic Cuts Deli	●●● Classic Cuts Deli	●●● Classic Cuts Deli	
	<ul style="list-style-type: none"> ● Spaghetti & Penne Pasta <ul style="list-style-type: none"> ● Marinara Sauce ● Bolognese Sauce ● Buffalo Chicken Wrap <ul style="list-style-type: none"> ● Vegetable Medley ● Baby Carrots ● Garden Salad ● Assorted Fresh Fruit & Melon 	<ul style="list-style-type: none"> ● Turkey Pot Pie with Puff Pastry Top ● Beef, Bean & Cheese Burrito <ul style="list-style-type: none"> ● Egg Noodles ● Sweet Corn ● Southern Green Beans <ul style="list-style-type: none"> ● Zesty Cole Slaw ● Assorted Fresh Fruit & Melon 	<ul style="list-style-type: none"> ● Hamburger or Baked Potato with <ul style="list-style-type: none"> ●●● Topping Bars ● Steamed Broccoli ● Ratatouille ● Assorted Fresh Fruit & Melon 	<ul style="list-style-type: none"> ● Baked Chicken Leg Cacciatore ● Assorted Pizzas <ul style="list-style-type: none"> ● Spinach ● Parmesan Buttered Pasta Shells <ul style="list-style-type: none"> ● Cauliflower with Roasted Red Peppers ● Garden Salad ● Assorted Fresh Fruit & Melon 	No School In-Service Day
	<ul style="list-style-type: none"> ● French Fries ● Hamburgers ● Hot Dogs ● Chicken Tenderloins ● Cheese Pizza ● Pepperoni Pizza 	<ul style="list-style-type: none"> ● French Fries ● Hamburgers ● Hot Dogs ● Chicken Tenderloins ● Cheese Pizza ● Pepperoni Pizza 	<ul style="list-style-type: none"> ● French Fries ● Hamburgers ● Hot Dogs ● Chicken Tenderloins ● Cheese Pizza ● Chicken, Bacon, Alfredo Pizza 	<ul style="list-style-type: none"> ● French Fries ● Hamburgers ● Hot Dogs ● Chicken Tenderloins ● Cheese Pizza ● Ham & Sausage Pizza 	
	<ul style="list-style-type: none"> ● Assorted Fresh Baked Cookies ●● Assorted Ice Cream Bars 	<ul style="list-style-type: none"> ● Assorted Fresh Baked Cookies ●● Assorted Ice Cream Bars 	<ul style="list-style-type: none"> ● Assorted Fresh Baked Cookies ● Apple Pie 	<ul style="list-style-type: none"> ● Assorted Fresh Baked Cookies ●● Assorted Ice Cream Bars 	

At The Salad Works salad bar a variety of prepared salads are served alongside fresh salad greens and toppings each day. SAGE's chefs offer at least six low fat, made-from-scratch salad dressings along with traditional favorites. At The Classic Cuts Deli® bar, a variety of cheeses, ham, turkey, and deli salads are freshly prepared each day. Students can create their own favorite sandwich. The following menu is based on a four-week Master Cycle Menu, whose Spotlight dot colors have been reviewed for accuracy by SAGE's Registered Dietitian. The Master Cycle Menu is available through your Food Service Director.