



# East Meadow Secondary Lunch Menu **November 2011**



## THE GRILLE

### Daily grab and Go...

**Cheese/Hamburger  
Chicken Nuggets**

Salads, Sandwiches,  
Yogurt Parfaits, Salad  
Shakers

\*Along with the  
entrée choice  
students may have  
a vegetable, fruit,  
grain and a milk.

All Milk is Hormone  
and Antibiotic Free.  
We offer 1% milk,  
1% chocolate milk  
or skim milk

Monday	Tuesday	Wednesday	Thursday	Friday
31  Hot and Spicy Chicken Patty*	1 Spaghetti and Meat Sauce*	2 Soft Beef Tacos*	3 Grilled Cheese with Tomato Soup*	4 Chicken Parmesan Stromboli*
7 Meatball Parmesan Hero*	8 No School Election Day	9 Chicken Quesadillas*	10 Baked Ziti with Italian Bread*	11 No School Veterans Day
14 General Tso Chicken* <i>served with rice</i>	15 Macaroni and Cheese*	16 BBQ Beef Bowl*	17 Roast Turkey Dinner*	18 Meatball Stromboli*
21 Bacon Cheddar Burger*	22 Baked Breaded Chicken*	23 Beef Nachos with Toppings*		
28 Popcorn Chicken Bowl*	29 Cheesesteak Hero*	30 Sloppy Joe Sandwich*		

## THE PIZZERIA

### Daily grab and Go...

**Cheese Pizza /  
Veggie Pizza**

**We offer Whole  
Wheat Pizza Slices**

**Monday  
Meatball Pizza**

**Tuesday  
Pepperoni Pizza**

**Wednesday  
Taco Pizza**

**Thursday  
Cheeseburger Pizza**

**Friday  
Chicken Parm Pizza**

## DELI & GREENS MADE TO ORDER

**start with a grain**  
breads, bagels, rolls, etc...  
**get some protein**  
meats, turkey, salads  
**find some cheese**  
american, swiss, cheddar...  
**customize it**  
vegetables, spreads...

**PANINI PRESS AVAILABLE!**

Southwest Beef Wrap  
Chicken Ranch Salad

Chicken Caesar Wrap  
Turkey Chef Salad

Santa Fee Turkey Wrap  
Chicken Caesar Salad

Major Ham Wrap  
Sesame Noodle Salad

Asian Chicken Wrap  
Fruit and Cheddar Platter

## grab and go...

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## Deli Bar Made to Order

Boars Head Deli Bar \$4.00 a Sandwich

**decide what you want**  
Roll, Wrap, Whole Wheat Bread  
**get some protein**  
Roast beef - Virginia Ham  
Chicken Breast - Oven Gold Turkey  
Tuna Salad - Turkey Salad  
**make it pretty**  
Lettuce, Tomato, Red Onion  
Cheeses, Olives...

## Start here! Choose Entrée

**+ Take 2 ...Any 2**

Fresh fruits and veggies galore. Vegetable blends, dessert fruits and station-specific sides make choosing only two a difficult decision.

**Student Lunch Price \$2.35**

Questions regarding the menu can be directed to  
The Dining Service Office at 516-876-7440