

# Constantine Middle School

## Lunch Menu 01/04/2010 through 01/08/2010

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 \$1.75	 <b>Balanced Choices Meal:</b> Sweet & Sour Chicken Served with Rice Broccoli Fresh Orange Slices Low Fat Milk Choice	Mexican Bar Served with Meat Cheese Soft Shells Refried Beans Fiesta Rice Fruit Low Fat Milk Choice	 <b>Balanced Choices Meal:</b> Meat Lover's Lasagna Served With Roasted Italian Vegetables Tossed Green Salad Breadstick Low Fat Milk Choice	Breakfast for Lunch Served With Scrambled Eggs French Toast Sticks Sausage Link Turkey Hashbrown Fruit Crisp Low Fat Milk Choice	 <b>Balanced Choices Meal:</b> BBQ Chicken Served With Corn on the Cob Buttermilk Coleslaw Blueberry Muffin Fruit Low Fat Milk Choice
<b>THE FRESH GRILLE</b> Hamburgers, Cheeseburgers, Chicken Patty Sandwiches on Buns Offered Daily \$1.75	2 for 1 Hot Dog on a Bun Baked Beans Fruit Low Fat Milk Choice	BBQ Rib on a Bun Corn on the Cob Fruit Low Fat Milk Choice	Pizza Burger on Bun Served With Baked Potato Peaches Low Fat Milk Choice	Italian Sausage on a Bun Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Grilled Cheese on Whole Wheat Bread Served With Tomato Soup Choice of Fruit Low Fat Milk Choice
 Plain and Pepperoni Pizza Offered Daily \$2.50	Pizza Bagel Choice of Vegetable Fruit Low Fat Milk Choice	 <b>Balanced Choices Meal:</b> Buffalo Chicken Pizza Tossed Salad Fruit Low Fat Milk Choice	Ham and Cheese Stromboli Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Stuffed Wheat Crust Pizza Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Pepperoni Calzone Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice
 Deli Bar Offered Daily \$2.50	Chicken Ranch Wrap Choice of Vegetable Fruit Low Fat Milk Choice	Roast Beef & Swiss Hoagie Choice of Vegetable Fruit Low Fat Milk Choice	Whole Wheat Turkey Club Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	 <b>Balanced Choices Meal:</b> Chicken Salad Wrap Deli Style Sandwiches Specialty Wraps Low Fat Milk Choice	Health Club Sub Deli Style Sandwiches Specialty Wraps Low Fat Milk Choice
 Premium Entrée Salads Offered with Crackers \$2.50	Tuna Salad Platter With Crackers Vegetable Fruit Low Fat Milk Choice	Turkey Club Salad Fruit Low Fat Milk Choice	Taco Salad Fruit Low Fat Milk Choice	Fried Chicken Salad Fruit Low Fat Milk Choice	Antipasto Salad Fruit Low Fat Milk Choice

All Lunches Include: Choice of Entrée, Choice of one Vegetable/Fruit Side Dishes, and Choice of Milk.  
 Vegetable/Fruit Side Dishes Include: Featured Hot Vegetable, Tossed Side Salad, Fresh Veggie Sandwich Toppings, and Fresh Fruit  
 Milk Choices Include: low fat (1%) white milk, and flavored low fat (1%) milk.

# Constantine Middle School

## Lunch Menu 01/11/2010 through 01/15/2010

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 \$1.75	 <b>Balanced Choices</b> Meal: Macaroni and Cheese Served With Soft Hot Pretzel Green Beans Grapes Low Fat Milk Choice	Pasta Bar Served With Fruit Vegetable Low Fat Milk Choice	 <b>Balanced Choices</b> Meal: Chicken Lo-Mein Served With Steamed Carrots Pineapple Tidbits Low Fat Milk Choice	 <b>Balanced Choices</b> Meal: Macho Nachos Served With Meat and Cheese White Rice Black Beans Lettuce & Tomatoes Low Fat Milk Choice	 <b>Balanced Choices</b> Meal: Salisbury Steak Served With Whole Wheat Roll Buttered Noodles Tossed Salad Fruit Goop Low Fat Milk Choice
 Hamburgers, Cheeseburgers, Chicken Patty Sandwiches on Buns Offered Daily \$1.75	Fish Sandwich on a Bun Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	 <b>Balanced Choices</b> Meal: Buffalo Chicken Wrap Served With Corn on the Cob Low Fat Milk Choice	Hot Italian Hoagie Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Chicken Nuggets Served With Mashed Potatoes Choice of Fruit Low Fat Milk Choice	Chicken Quesadilla Served With Mashed Potatoes Choice of Fruit Low Fat Milk Choice
 Plain and Pepperoni Pizza Offered Daily \$2.50	Aloha Pizza Pizza Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Bosco Sticks Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Sausage and Cheese Stromboli Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Rip and Dip Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Ham and Cheese Calzone Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice
 Deli Bar Offered Daily \$2.50	Turkey on Multigrain Bread Deli Style Sandwiches Specialty Wraps Low Fat Milk Choice	Egg Salad Deli Style Sandwiches Specialty Wraps Low Fat Milk Choice	Chicken Salad Wrap Deli Style Sandwiches Specialty Wraps Low Fat Milk Choice	Ham and Cheese Bagel Deli Style Sandwiches Specialty Wraps Low Fat Milk Choice	Chicken Cesar Wrap Deli Style Sandwiches Specialty Wraps Low Fat Milk Choice
 Premium Entrée Salads Offered with Crackers \$2.50	Chicken Caesar Low Fat Milk Choice	Deli Chef Salad Low Fat Milk Choice	Fresh Fruit Plate Low Fat Milk Choice	Southwest Chicken Salad Low Fat Milk Choice	Fried Chicken Salad Low Fat Milk Choice

All Lunches Include: Choice of Entrée, Choice of Two Vegetable/Fruit Side Dishes, and Choice of Milk.  
 Vegetable/Fruit Side Dishes Include: Featured Hot Vegetable, Tossed Side Salad, Fresh Veggie Sandwich Toppings, and  
 Fresh Fruit  
 Milk Choices Include: skim white milk, low fat (1%) white milk, and flavored low fat (1%) milk.

# Constantine Middle School

## Lunch Menu 01/18/2010 through 01/22/2010

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 \$1.75	NO SCHOOL	 <b>Balanced Choices Meal:</b> Taco Pie Served With Breadstick Mixed Vegetables Warm Baked Apple Slices Low Fat Milk Choice	French Toast Served With Baked Ham Scrambled Eggs Hashbrown Patty Fruit Toppings Low Fat Milk Choice	 <b>Balanced Choices Meal:</b> Spaghetti with Meat Sauce Served With Garlic Bread Broccoli Fruit Crisp Low Fat Milk Choice	Ham and Scalloped Potatoes Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice
 Hamburgers, Cheeseburgers, Chicken Patty Sandwiches on Buns Offered Daily \$1.75	Observance of Martin Luther King Day	Pizza Burger Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	 <b>Balanced Choices Meal:</b> Chicken Parmesan Wrap Served With Baby Carrots Light Ranch Dressing Fresh Orange Low Fat Milk Choice	Strips of Fire Served With Corn Muffin Fruit Crisp Low Fat Milk Choice	BLT Burger Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice
 Plain and Pepperoni Pizza Offered Daily \$2.50		Cheese Calzone Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Italian Stromboli Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Mexican Pizza Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Stuffed Crust Pizza Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice
 Deli Bar Offered Daily \$2.50		Roast Beef and Cheddar Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Ham and Cheese Hoagie Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Turkey BLT Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	 <b>Balanced Choices Meal:</b> Chicken Salad Wrap Served With Vegetable Pasta Salad Fresh Banana Low Fat Milk Choice
 Premium Entrée Salads Offered with Crackers \$2.50		Fried Chicken Salad Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Taco Salad Served With Fruit Low Fat Milk Choice	Chicken Cesar Salad Served With Fruit Low Fat Milk Choice	Egg Salad Croissant Served With Garden Salad Orange Wedges Low Fat Milk Choice

All Lunches Include: Choice of Entrée, Choice of Two Vegetable/Fruit Side Dishes, and Choice of Milk.  
 Vegetable/Fruit Side Dishes Include: Featured Hot Vegetable, Tossed Side Salad, Fresh Veggie Sandwich Toppings, and Fresh Fruit  
 Milk Choices Include: skim white milk, low fat (1%) white milk, and flavored low fat (1%) milk.

# Constantine Middle School

## Lunch Menu 01/25/2010 through 01/29/2010

Station	Monday	Tuesday	Wednesday	Thursday	Friday
  \$1.75	 <b>Balanced Choices Meal:</b> Ravioli Roasted Italian WW Dinner Roll Vegetables Fruit Low Fat Milk Choice	 <b>Balanced Choices Meal:</b> Wet Burrito Served With Burrito Sauce Corn Salad Watermelon Refried Beans Low Fat Milk Choice	 <b>Balanced Choices Meal:</b> Sweet and Sour Chicken Served With White Rice Fresh Orange Broccoli Low Fat Milk Choice	Baked Potato Bar Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	 <b>Balanced Choices Meal:</b> Sloppy Joes on a Whole Wheat Bun Served With Home fried Potatoes Confetti Cole Slaw Low Fat Milk Choice
<b>THE FRESH GRILLE</b> Hamburgers, Cheeseburgers, Chicken Patty Sandwiches on Whole Wheat Buns Offered Daily  \$1.75	Alpine Swiss Burger Served With Corn on the Cob Choice of Fruit Low Fat Milk Choice	Hot Ham and Cheese on Bagel Served With Potato Wedges Fruit Low Fat Milk Choice	Chicken Tenders Served With Mash Potatoes Choice of Fruit Low Fat Milk Choice	 <b>Balanced Choices Meal:</b> Honey Mustard Chicken Wrap Served With Fresh Orange Corn Low Fat Milk Choice	Foot Long Hot Dog Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice
 Plain and Pepperoni Pizza Offered Daily  \$2.50	Hawaiian Pizza Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	 <b>Balanced Choices Meal:</b> Chicken and Veggie Pizza Served With Fruit Crisp Whole Grain Dinner Roll Low Fat Milk Choice	Pizza Croissant Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Bosco Sticks Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Grilled Vegetable Pizza Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice
 Deli Bar Offered Daily  \$2.50	Chicken Salad Wrap Served With Fresh Apple Low Fat Milk Choice	Bistro Roast Beef Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Turkey on Multi Grain Bun Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Salami and Co-Jack Sub Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice	Chicken Caesar Wrap Served With Choice of Vegetable Choice of Fruit Low Fat Milk Choice
 Premium Entrée Salads Offered with Whole Grain Crackers  \$2.50	Turkey Club Salad Served With Dinner Roll Low Fat Milk Choice	Fresh Fruit Plate Served With String Cheese Yogurt Fruit Low Fat Milk Choice	Western Salad Served With Low Fat Milk Choice	Egg Salad Croissant Served With Garden Salad Orange Wedges Low Fat Milk Choice	Tuna Salad Platter With Crackers Vegetable Fruit Low Fat Milk Choice

All Lunches Include: Choice of Entrée, Choice of Two Vegetable/Fruit Side Dishes, and Choice of Milk.  
 Vegetable/Fruit Side Dishes Include: Featured Hot Vegetable, Tossed Side Salad, Fresh Veggie Sandwich Toppings, and Fresh Fruit  
 Milk Choices Include: skim white milk, low fat (1%) white milk, and flavored low fat (1%) milk.

