



# H-F Lunch Menu January 2011

Week One

		1/2/12	1/3/12	1/4/12	1/5/12	1/6/12
		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Origins</b> Variety of Entrées				Oven Baked Chicken, AuGratin Potato, Vegetable \$3.50	Buffalo Chicken Wings Waffle Fries, Diced Pears \$3.50	Spaghetti w/ Meatballs, Vegetable Garlic Toast \$3.50
<b>Trattoria</b> <b>Daily Pizza:</b> Cheese, Sausage, Pepperoni				Three Cheese Pizza \$2.25	BBQ Chicken Pizza \$2.25	Meat Lovers Pizza \$2.50
<b>The Fresh Grille</b> <b>Daily Hot Sandwich:</b> Chicken Sandwich, Burger				Spicy Chicken Sandwich \$2.50	Grilled Three Cheese on Texas Toast \$2.00	BBQ Chicken Sandwich \$2.50
<b>Sandwich Central</b> <b>Daily Cold Sandwich:</b> Made-to-Order Sandwiches & Wraps				Italian Wrap \$3.00	Chicken Caesar Wrap \$3.00	Ham & Swiss on Bun \$3.00
<b>OutTakes</b> <b>Daily Salads:</b> Caesar Salad, Large & Small Garden Salad				Turkey Cheddar Salad \$4.00	Buffalo Chicken Salad \$4.00	Deli Chef Salad \$4.00



## H-F Lunch Menu January 2011

Week Two		1/9/12	1/10/12	1/11/12	1/12/12	1/13/12
		Monday	Tuesday	Wednesday	Thursday	Friday
		FINALS	FINALS	FINALS	MARKING DAY	INSTITUTE DAY
<b>Origins</b> Variety of Entrées 		Fall Semester Finals <b>NO LUNCH</b>	Fall Semester Finals <b>NO LUNCH</b>	Fall Semester Finals <b>NO LUNCH</b>	Marking Day <b>NO LUNCH</b>	No School <b>NO LUNCH</b>
<b>Trattoria</b> Daily Pizza: Cheese, Sausage, Pepperoni 		<p><i>"Optimism is the one quality more associated with success and happiness than any other".</i></p> <p><b>One of the best uses of your time is to increase your competence in your key result areas.</b></p> <p><i>Integrity is the foundation upon which all other values are built.</i></p> <p><b>Only undertake what you can do in an excellent fashion. There are no prizes for average performance.</b></p>				
<b>The Fresh Grille</b> Daily Hot Sandwich: Chicken Sandwich, Burger 						
<b>Sandwich Central</b> Daily Cold Sandwich: Made-to-Order Sandwiches & Wraps 						
<b>OutTakes</b> Daily Salads: Caesar Salad, Large & Small Garden Salad 						

excerpts from THE TREASURY OF QUOTES by Brian Tracy



# H-F Lunch Menu January 2011

Week Three

		1/16/12	1/17/12	1/18/12	1/19/12	1/20/12
		Monday	Tuesday	Wednesday	Thursday	Friday
		<b>MLK Day</b>				
<b>Origins</b> Variety of Entrées		<b>MLK DAY - No School</b>	French Toast Bake Turkey Sausage, Tater Tots \$3.50	Chicken~N Cheese Nachos Fruit Cocktail \$3.50	Meat Lasagna, Vegetable, Garlic Toast \$3.50	Baked Cajun Tilapia, Fiesta Rice, Vegetable \$3.50
<b>Trattoria</b> <b>Daily Pizza:</b> Cheese, Sausage, Pepperoni			Pepperoni & Pepper Rings Pizza \$2.25	Buffalo Chicken Pizza \$2.25	South of the Border Pizza \$2.25	Bacon Cheeseburger Pizza \$2.50
<b>The Fresh Grille</b> <b>Daily Hot Sandwich:</b> Chicken Sandwich, Burger			Jumbo Hot Dog \$2.00	Gyro on Pita \$2.00	Turkey Burger \$2.50	Spicy Chicken Sandwich \$2.50
<b>Sandwich Central</b> <b>Daily Cold Sandwich:</b> Made-to-Order Sandwiches & Wraps			Buffalo Chicken Wrap \$3.00	Italian Submarine \$3.00	Chicken Salad on Wheat \$3.00	Triple Decker PB&J \$2.00
<b>OutTakes</b> <b>Daily Salads:</b> Caesar Salad, Large & Small Garden Salad			Spicy Chicken Salad \$4.00	Chicken Caesar Salad \$4.00	Deli Chef Salad \$4.00	Antipasto Salad \$4.00



## H-F Lunch Menu January 2011

Week Four		1/23/12	1/24/12	1/25/12	1/26/12	1/27/12
		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Origins</b> Variety of Entrées		Chicken & Cheese Enchiladas, Spanish Rice, Vegetable \$3.50	Meatloaf Mashed Potatoes, Vegetables \$3.50	Buffalo Chicken Wings Waffle Fries, Diced Pears \$3.50	Chicken Tenders, Spicy Potato Wedges, Jello Cup \$3.50	BBQ Pork, Baked Beans, Coleslaw \$3.50
<b>Trattoria</b> <b>Daily Pizza:</b> Cheese, Sausage, Pepperoni		Supreme Pizza \$2.50	Three Cheese Pizza \$2.25	BBQ Meatball Pizza \$2.25	Meat Lovers Pizza \$2.50	Taco Pizza \$2.25
<b>The Fresh Grille</b> <b>Daily Hot Sandwich:</b> Chicken Sandwich, Burger		Chicken Parmesan Sandwich \$2.75	Double Hamburger \$2.75	Buffalo Chicken Sandwich \$2.50	Hot Italian Grinder \$2.50	Grilled Ham & Cheese Sandwich \$2.25
<b>Sandwich Central</b> <b>Daily Cold Sandwich:</b> Made-to-Order Sandwiches & Wraps		Turkey & Cheese on Bagel \$3.00	Three Cheese on White \$2.00	Vegetarian Wrap w/Hummus \$3.00	Chicken Caesar Wrap \$3.00	Ham & Cheese on Bun \$3.00
<b>OutTakes</b> <b>Daily Salads:</b> Caesar Salad, Large & Small Garden Salad		Spicy Chicken Salad \$4.00	Beef Taco Salad \$4.00	Chicken Caesar Salad \$4.00	Antipasto Salad \$4.00	Deli Chef Salad \$4.00