



Sayreville Middle School Daily Spin Cafe

February 2010



GRILLE GOODIES

- Mondays**
Breaded Chicken Club
- Tuesdays**
BLT Burger
- Wednesdays**
Chicken Parmesan Wrap
Cheese Steak Wrap
- Thursdays**
Grilled Chicken Caesar Wrap
- Fridays**
BLT Club



AVAILABLE DAILY

- A Variety of:**
- Fresh Fruit
 - Vegetables
 - Bread Basket
 - Bagel Bin
 - Yogurt
 - Low-Fat Milk Choice



Monday	Tuesday	Wednesday	Thursday	Friday
1 Sausage Egg & Cheese Sandwich Diced Potatoes Chilled Fruit Cup	2 Taco Nachos with Meat Lettuce Cheddar Cheese Corn Chilled Fruit Cup	3 Turkey Burger on a Whole Wheat Bun with Lettuce & Tomato Baked Potato Wedges Chilled Fruit Cup	4 Crispy Chicken Nuggets Smile Potatoes Dinner Roll Chilled Fruit Cup	5 Big Daddy's Pizza Plain or Pepperoni Tasty Tossed Salad Chilled Fruit Cup
8 Breaded Chicken Patty on a Bun Smile Potatoes Chilled Fruit Cup	9 Philly Style Cheese Steak Sandwich Sauteed Peppers & Onions Diced Potatoes Chilled Fruit Cup	10 Meatball Parmesan Sub Steamed Vegetables Chilled Fruit Cup	11 BBQ Pork Ribs on a Hero Roll Baked Potato Wedges Chilled Fruit Cup	12 French Bread Pizza Tasty Tossed Salad Chilled Fruit Cup
15  NO SCHOOL	16 Papa John's Pizza Carrot Sticks Chilled Fruit Cup	17 Taco Nachos with Meat Lettuce Cheddar Cheese Corn Chilled Fruit Cup	18 Crispy Chicken Nuggets Dinner Roll Mashed potatoes Steamed Vegetables Chilled Fruit Cup	19  Pepperoni Melt on a warm Pretzel Bun Carrot Sticks Chilled Fruit Cup
22 Chicken Parmesan Sandwich Pasta Salad Veggie Strips Chilled Fruit Cup	23 All Beef Hot Dog on Bun Sauerkraut Tater Tots Vegetarian Beans Chilled Fruit Cup	24 Baked Ham & Cheese Sandwich Curly Fries Chilled Fruit Cup	25 French Toast Sticks with Sausage 100% Fruit Juice Chilled Fruit Cup	26 Big Daddy's Pizza Plain or Pepperoni Tasty Tossed Salad Chilled Fruit Cup
				

SANDWICH CENTRAL

- Mondays**
Grilled Chicken Wrap
- Tuesdays**
Turkey Club Bagel
- Wednesdays**
Italian Hero on Whole Wheat French Bread
- Thursdays**
Ham & Cheese Wrap or Hero
- Fridays**
Tuna on Pita Bread



*A complete lunch includes:
Entrée, bread, two selections of fruit / vegetables, and
low-fat milk choice*

**Pizza is made on a whole wheat crust with low-fat cheese.*

Full Lunch Price - \$2.75
Reduced Lunch Price - \$.40
Milk - \$.50
Lunches maybe pre-paid
MENU SUBJECT TO CHANGE