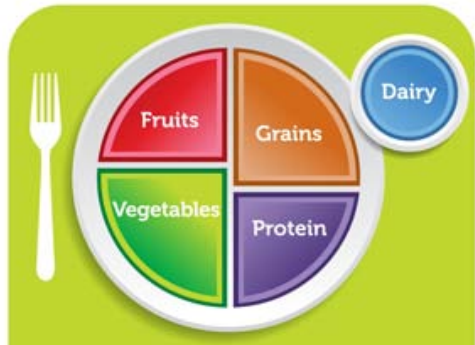




# FENWICK HIGH SCHOOL LUNCH MENU FOR SEPTEMBER 2011

Lunch Price: \$4.50  
 "Lunch Specials"  
 \$4.25-\$4.50  
 "Breakfast Specials"  
 \$3.75  
 Daily Offerings:  
 -Made -to-Order Deli  
 -Locally Grown Fresh Fruits  
 & Vegetables  
 -Grilled Burgers Made  
 w/Locally Fresh Ground  
 Beef  
 -Fresh Entree Salads  
 -Fresh Baked Whole Grain  
 Bakery Items  
 (Menu Items Subject to Change)



Please contact the Quest office if you  
 have any questions, comments,  
 concerns or needs.  
 Food Service Director  
 TIM COON  
 708-386-0127 x155  
 tcoon@fenwickfriars.com

TAKE ACTION!  
 "LET'S MOVE"  
 GET ACTIVE....  
 LET'S EAT FOR THE  
 HEALTH OF IT!  
 ChooseMyPlate.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>SEPTEMBER is</i>  <b>"FRESH FRUIT MONTH"</b>  <i>Honey Crisp Apples will be Available on Sept. 12th. From The Hardin Family Farms Eau Claire, MI Oak Park Farmer's Market</i></p>	<p>HOMEMADE SOUPS          TO BEGIN SEPT. 12TH</p>	1 SEPT	2 SEPT  NO SCHOOL
5 SEPT  LABOR DAY NO SCHOOL	6 SEPT  Sliced Roast Beef w/ Gravy Whipped Mashed Potatoes Vegetable of the Day Cheddar Apple Smoked Turkey Wrap w/ Honey Mustard Chicken Caesar Salad	7 SEPT  Lasagna Roll-Ups w/Sauce Vegetable Lasagna Garlic Bread Vegetable of the Day Provolone-Bacon-Tomato Panini Chopped Green Salad	8 SEPT  Roast Herbed Pork Loin w/Applesauce Au Gratin Potatoes Vegetable of the Day BLT Wrap Fresh Fruit Plate w/Yogurt Sauce	9- SEPT  Chicken Tenders w/ BBQ Sauce Roasted Sweet Potato Wedges Vegetable of the Day Quiche of the Day Tuna Melt on Wh Wheat Southwestern Salad
12 SEPT Chicken Noodle Soup Quest Chicken Bowl Tomato Basil Quiche Vegetable of the Day BBQ Pork Ribette Sandwich Chef's Salad	13 SEPT Broccoli Cheddar Soup Baked Meatloaf w/Gravy Roasted Garlic Mashed Potatoes Vegetable of the Day Grilled Cuban Panini Salad of the Day	14 SEPT Minestrone Soup Chicken Parmesan w/Pasta Garlic Bread Vegetable of the Day Italian Meatball Sub Bruchetta Pasta Salad w/Basil	15 SEPT Chicken Vegetable Noodle Honey Baked Chicken Nuggets Sweet Potato Fries Vegetable of the Day Roasted Veggie Panini w/Hummus Grilled Chicken Salad	16 SEPT Cream of Tomato Fish Tacos w/ Chipotle Cream Spanish Rice Vegetable of the Day Grilled Cheese on Wh Wheat Turkey Cranberry Salad w/ Raspberry Balsamic Dressing
19 SEPT French Onion Soup Swedish Meatballs over Buttered Noodles Vegetable of the Day Bratwurst w/Carmalized Onions Chicken Caesar Salad	20 SEPT Chicken Tortilla Soup Nacho Platter Refried Beans/Mexican Rice Vegetable of the Day Turkey BBQ Ranch Wrap Taco Salad Bowl	21 SEPT Vegetable Barley Soup Italian Sausage, Roasted Garlic & Sauteed Spinach w/Penne Pasta Garlic Cheese Flatbread Vegetable of the Day Fresh Fruit Plate w/ Yogurt Sauce	22 SEPT Tomato Bisque Soup Ginger Orange Chicken over Lo Mein Noodles Vegetable of the Day Italian Sloppy Joes Chicken, Brown Rice & Edamame Salad Bowl	23 SEPT Cream of Chicken Broiled Tilapia w/Lemon Wild Rice Vegetable of the Day Tuna Salad Wrap Salad of the Day
26 SEPT Chicken Noodle Soup BBQ Roast Pork Loin Macaroni & Cheese Vegetable of the Day Chicken Salad on Croissant Vegetable Chopped Green Salad w/Balsamic Dressing	27 SEPT Cream of Mushroom Hot Roast Beef Sandwich w/Gravy Whipped Mashed Potatoes Vegetable of the Day Cheese, Apple, Smoked Turkey Quesadillas Chicken Caesar Salad	28 SEPT Roasted Vegetable Soup Spaghetti & Meatballs Garlic Bread Vegetable of the Day Grilled Italian Panini Turkey Cranberry Salad w/ Raspberry Balsamic Dressing	29 SEPT Potato Corn Chowder Panco Buttermilk Baked Chicken Roasted Rosemary Potatoes Vegetable of the Day Philly Steak Sandwich Garbanzo Bean,Feta & Orzo Salad w/ Cucumber-Thyme Relish	30 SEPT Vegetable Orzo Soup Quest Seafood Basket w/ Fries & Coleslaw Vegetable of the Day Roasted Veggie Wrap w/Hummus Salad of the Day