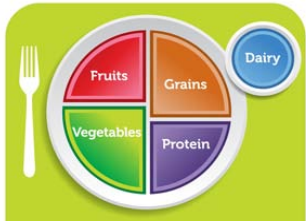




FENWICK HIGH SCHOOL LUNCH MENU OCTOBER 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 OCT Chicken Tortilla Soup Quest Chicken Bowl Spinach-Feta-Tomato Quiche Vegetable of the Day Italian Meatball Sub Ham Club Wrap Salad of the Day	4 OCT Black Bean Soup Beef or Chicken Fajitas Spanish Rice Refried Beans Smoked Turkey-Apple & Cheese Quesadillas	5 OCT French Onion Soup Penne Pasta w/Italian Sausage or Marinara Sauce w/Garlic Bread Vegetable of the Day Provolone-Tomato-Basil Panini Chicken Caesar Salad	6 OCT Roasted Cauliflower Cheddar BBQ Rib & Chicken Platter w/ Coleslaw & Au Gratin Potatoes Vegetable of the Day Turkey BBQ Ranch Club Wrap Salad of the Day	7 OCT Cream of Mushroom Soup Parmesan Baked Tilapia w/ Basil Tomato Bruchetta Wild Rice Vegetable of the Day Personal Pan Cheese Pizza Tuna Melt on Multi Grain
10 OCT COLUMBUS DAY OBSERVED NO CLASSES	11 OCT Parent Teacher Conferences NO CLASSES	12 OCT Parent Teacher Conferences NO CLASSES -PM	13 OCT Vegetable Barley Soup Giambatto w/ Roasted Peppers & Potatoes Vegetable of the Day Ham & Swiss Quiche Chicken Caesar Wrap	14 OCT Potato Corn Chowder Baked Herbed Tilapia w/ Lemon Greek Couscous Vegetable of the Day Tuna Salad Wrap Bruchetta Pasta Salad w/Basil
17 OCT Cream of Tomato Soup Sweet & Sour Chicken over Stir-Fry Rice w/ Egg Roll Vegetable of the Day Grilled Cheese on Wh Wheat Asian Chicken Salad	18 OCT Roasted Vegetable Soup Hot Roast Beef Sandwich w/Gravy Sweet Potato Fries Vegetable of the Day Grilled Cuban Panini Chicken Salad Croissant	19 OCT Pasta Fagioli Soup Cheese Ravioli w/Roasted Garlic Bruchetta Sauce Garlic Bread Vegetable of the Day Chicken BBQ Ranch Hoagie	20 OCT Broccoli Cheddar Soup Roast Turkey w/Stuffing &Gravy Whipped Mashed Potatoes Vegetable of the Day Spinach-Feta-Tomato Quiche Fresh Fruit Plate w/Yogurt Sauce	21 OCT Vegetable Orzo Soup Baked Herbed Tilapia w/Lemon Herbed Rice Pilaf Vegetable of the Day Roasted Vegetable Wrap w/ Roasted Red Pepper Hummus Salad of the Day
24 OCT Roasted Sweet Potato & Apple Swedish Meatballs over Buttered Noodles Vegetable of the Day Bratwurst w/Carmalized Onions Chicken Caesar Salad	25 OCT Chicken Tortilla Soup Nacho Platter Refried Beans/Mexican Rice Vegetable of the Day Smoked Turkey-Apple-Pepper Jack cheese Quesadillas Southwestern Wrap	26 OCT Minestrone Soup Homemade Lasagna Vegetable Lasagna Garlic Cheese Flatbread Vegetable of the Day Italian Sausage Grinder w/ Roasted Peppers & Onions	27 OCT Tomato Bisque Soup Baked Meatloaf w/Gravy Roasted Garlic Mashed Potatoes Vegetable of the Day BLT Wrap Turkey Cranberry Green Salad w/ FF Raspberry Balsamic	28 OCT Broccoli-Cannellini Bean &Cheddar Fish Tacos w/Chipotle Cream Spanish Rice Vegetable of the Day Mediterranean Grilled Fajita Wrap Salad of the Day
31 OCT "HAPPY HALLOWEEN" Witch's Brew Monster Mash Stew BBQ Bat Ribs w/Crow's Feet Mummy Wrap Ghostly Green Salad w/ Vampire Dressing		OCTOBER is "FALL HARVEST VEGETABLE MONTH" Honey Crisp Apples will still be Available thru October! Oak Park Farmer's Market	"SUSHI" Available on October 13th & October 27th	

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
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tcoon@fenwickfriars.com

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"LET'S MOVE"
GET ACTIVE....
LET'S EAT FOR THE HEALTH OF IT!
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