







Canal Winchester Middle School Lunch Menu

February 1-3, 2012 Week 1

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and Fat Free chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl			BACKYARD BBQ BOWL: Barbecued Pork Ribbies Cheesy Macaroni or Homemade Potato Salad Seasoned Corn Fresh Baked Biscuit Honey BBQ Sauce	MOM'S MASHED POTATO BOWL: Chicken Nuggets* Cheesy Macaroni or Mashed Sweet Potatoes Seasoned Mixed Veggies* Whole Wheat* Dinner Roll Pineapple Glaze	SIZZLING TACO SALAD BOWL: Spicy Taco Meat Whole Grain Tortilla Shell Rounds Crisp Mixed Greens Warm Baked Apple Slices Cinnamon Breadstick Homemade Creamy Cilantro Lime Dressing Salsa
 Available Daily Cheeseburgers Breaded Chicken Sandwich			Grilled Chicken & Cheddar on a Whole Wheat Bun Classic Cheeseburger Combo'd with Seasoned Corn Fresh Iceberg Lettuce & Tomato	Fish Sandwich on a Whole Wheat Bun Breaded Chicken Sandwich Combo'd with Mashed Sweet Potatoes Fresh Iceberg Lettuce & Tomato	Chicken Parm Wrap* Classic Cheeseburger Combo'd with Warm Baked Apple Slices Fresh Iceberg Lettuce & Tomato
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily			Veggie Lover's Pizza Confetti Coleslaw	Triple Decker Bean Tostados w/ Salsa Tossed Salad w/ Light Dressing	Pepperoni Pizza Tossed Salad w/ Light Dressing
 Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad			Made to Order SALAD Bar Special: Spicy Chicken Hoagie	Made to Order SANDWICH Bar Special: Honey Mustard Ham & Cheese Wrap	Made to Order SANDWICH Bar Special: Peanut Butter & Apple Whole Wheat Roll Ups
 Fresh Food Fast-Packaged for Grab N' Go			Garden Cheese Salad w/ Crackers Fruit Yogurt Parfait W/ Granola Topping Italian Hero Fresh Local Apples Confetti Coleslaw	Garden Cheese Salad w/ Crackers Italian Hero Fruit Yogurt Parfait W/ Granola Topping Veggie Pasta Salad Petite Bananas*	Garden Cheese Salad w/ Crackers Fruit Yogurt Parfait W/ Granola Topping Italian Hero Fresh Orange Wedges Creamy Carrot Raisin Pineapple Salad
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available			Tossed Salad w/ Light Dressing Melon Cubes Homemade Potato Salad Fresh Local Apples Chilled Fruit Crisp* Confetti Coleslaw	Caesar Romaine Side Salad w/ Croutons Fresh Homemade Vegetable Pasta Salad Petite Bananas* Carrot Sticks	Tossed Salad w/ Light Dressing* Fresh Orange Wedges* Southwest Corn and Black Bean Salad Crisp Celery Sticks Fresh Homemade Vegetable Pasta Salad

Question or Comments Call: Jeannie Martin 614-920-2649

 Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.


Canal Winchester Middle School Lunch Menu

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and Fat Free chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	NO SCHOOL	MASHED POTATO BOWL: Breaded Popcorn Chicken Mashed Potatoes or Seasoned Mixed Veggies Homemade Corn Bread Chicken Gravy Fresh Shredded Carrot	NACHO BOWL: Spicy Taco Meat Cilantro Brown Rice Whole Grain Corn Tortilla Shell Rounds Mexican Corn Cinnamon Breadstick Spicy Salsa Shredded Cheddar	AMERICAN DINER BOWL: Roast Turkey w/ Gravy* Sweet Potatoes Puffs* or Seasoned Green Beans Dinner Roll* Turkey Gravy Green Parsley Flakes	ITALIAN PASTA BOWL: Italian Meat Sauce Curly Rotini Pasta Seasoned Mixed Veggies Toasted Whole Grain Garlic Bun Roma Herb Seasoning Blend
		Whole Grain Breaded Chicken Corn Dog Nuggets w/ Biscuit Classic Cheeseburger Combo'd with Mashed Potatoes Fresh Iceberg Lettuce & Tomato	Pizza Burger on a Whole Wheat Bun* Breaded Chicken Sandwich Combo'd with Baked Potato* Fresh Romaine Lettuce & Tomato*	Breaded Chicken Parm Sandwich Classic Cheeseburger Combo'd with Golden Corn Fresh Iceberg Lettuce & Tomato	Breakfast Burrito Breaded Chicken Sandwich Combo'd with Seasoned Potato Wedges Fresh Iceberg Lettuce & Tomato
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily		Chicken Tostado Flatbread* Pinto or Kidney Bean Salad*	Whole Wheat Pizza Bagels Caesar Romaine Side Salad w/ Croutons	Whole Grain Mexican Pita Pizzas Tossed Salad w/ Light Dressing	Hot Dog Twist Sweet Corn Salad
 Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Carrots & Fresh Carrots Fresh Homemade Vegetable Pasta Salad		Made to Order SANDWICH Bar Special: Parisian Ham & Cheese in a Whole Grain Wrap	Made to Order SALAD Bar Special: Turkey Club in a Whole Grain Wrap	Made to Order SANDWICH Bar Special: Turkey BLT in a Whole Grain Wrap	Made to Order SANDWICH Bar Special: Roast Beef and Cheese in a Whole Grain Wrap
 Fresh Food Fast- Packaged for Grab N' Go		Garden Cheese Salad w/ Crackers Italian Hero Fruit Yogurt Parfait W/ Granola Topping Carrot Sticks Fresh Pear*	Garden Cheese Salad w/ Crackers Italian Hero Fruit Yogurt Parfait W/ Granola Topping Chilled Peaches	Garden Cheese Salad w/ Crackers Fruit Yogurt Parfait W/ Granola Topping Italian Hero Sweet and Sour Celery Petite Bananas*	Garden Cheese Salad w/ Crackers Fruit Yogurt Parfait W/ Granola Topping Italian Hero Carrot Sticks Cinnamon Applesauce
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available		Pinto or Kidney Bean Salad* Carrot Sticks Tossed Salad w/ Light Dressing Sweet Chewy Raisins Fresh Pears*	Cucumber w/LT. Ranch Dressing Caesar Romaine Side Salad w/ Croutons Fresh Local Apples Chilled Peaches*	Sweet and Sour Celery Tossed Salad w/ Light Dressing Petite Bananas* Chilled Mixed Fruit	Sweet Corn Salad Carrot Sticks Tossed Salad w/ Light Dressing Cinnamon Applesauce*

Question or Comments Call: Jeannie Martin 614-920-2649






 Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.

Canal Winchester Middle School Lunch Menu

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and Fat Free chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	WET BURRITO BOWL: Spicy Taco meat Fiesta Rice Golden Corn Shredded Lettuce & Diced Tomato Flour Tortilla Salsa Shredded Cheddar	ALL AMERICAN BOWL: Top Your Own Chili Dog On a Whole Wheat Bun Baked Beans or Broccoli Beef & Bean Chili Shredded Cheddar Chopped Onion	ITALIAN DINNER BAR: Lasagna Mixed Vegetables Applesauce Whole Wheat Toasted Garlic Bun	MOM'S MASHED POTATO BOWL: Herb Roasted Chicken Mashed Potatoes Fresh Glazed Carrots Tossed Salad w/ Light Dressing Whole Wheat Toasted Garlic Bun Chicken Gravy Fresh Diced Tomato	BRUNCH FOR LUNCH BOWL: Scrambled Eggs, Crumbled Sausage Herb Roasted Potatoes w/ Shredded Carrot Fresh Orange Wedges Fruit Crisp Whole Wheat Pancake Warm Syrup Shredded Cheddar
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily	Alpine Swiss Burger Breaded Chicken Sandwich Combo'd with Golden Corn Fresh Iceberg Lettuce & Tomato	Hot Ham & Cheese on a Whole Wheat Bagel Classic Cheeseburger Combo'd with Warm Baked Apple Slices Fresh Iceberg Lettuce & Tomato	California Cheese Steak Wrap Breaded Chicken Sandwich Combo'd with Seasoned Potato Wedges Fresh Romaine Lettuce & Tomato	Breaded Popcorn Chicken w/ Biscuit Classic Cheeseburger Mashed Potatoes Fresh Iceberg Lettuce & Tomato	Breaded Chicken Sandwich on a Whole Wheat Bun* Cheddar Onion Burger Herb Roasted Potatoes w/ Shredded Carrot* Fresh Iceberg Lettuce & Tomato
 Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily	Pepperoni Pizza Tossed Salad w/ Light Dressing	Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce Carrot Sticks	Chicken & Roma Tomato Whole Grain Pita Pizza Caesar Romaine Side Salad w/ Croutons	Aloha Pizza w/ Chicken & Ham* Tossed Salad w/ Light Dressing*	Broccoli Topped Pizza Tossed Salad w/ Light Dressing
 Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad	Made to Order SANDWICH Bar Special: Turkey BLT in a Whole Grain Wrap*	Made to Order SANDWICH Bar Special: Buffalo Chicken Salad on Whole Wheat	Made to Order SALAD Bar Special: Chicken Ranch Wrap	Made to Order SANDWICH Bar Special: Roast Beef on Rye w/ Golden Honey Mustard	Made to Order SANDWICH Bar Special: Santa Fe Turkey and Cheddar Wrap
 Fresh Food Fast-Packaged for Grab N' Go	Garden Cheese Salad w/ Crackers Fruit Yogurt Parfait W/ Granola Topping Italian Hero Confetti Coleslaw Petite Banana	Garden Cheese Salad w/ Crackers Italian Hero Fruit Yogurt Parfait W/ Granola Topping Fresh Local Apples* Sweet Corn Salad	Garden Cheese Salad w/ Crackers Fruit Yogurt Parfait W/ Granola Topping Italian Hero Sweet Chewy Raisins Carrot Sticks	Garden Cheese Salad w/ Crackers Fruit Yogurt Parfait W/ Granola Topping Italian Hero Chilled Pears Three Bean Salad	Garden Cheese Salad w/ Crackers Italian Hero Fruit Yogurt Parfait W/ Granola Topping Fresh Oranges Pear Raisin Salad
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Petite Banana* Caesar Romaine Side Salad w/ Croutons Chilled Mixed Fruit Green Goddess Pasta Salad* Mandarin Oranges	Tossed Salad w/ Light Dressing* Fresh Local Apples* Chick Pea Salad Chilled Peaches Sweet Corn Salad	Tossed Salad w/ Light Dressing* Chilled Pineapples* Confetti Coleslaw Carrot Sticks Sweet Chewy Raisins	Tossed Salad w/ Light Dressing* Chilled Pears* Fresh Local Apple Salad Three Bean Salad	Chilled Applesauce* Fresh Orange Wedges Tossed Salad w/ Light Dressing* Pear Raisin Salad

Question or Comments Call: Jeannie Martin 614-920-2649

 Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.

Canal Winchester Middle School

Lunch Menu

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and Fat Free chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	NO SCHOOL	FIESTA POTATO BOWL: Spicy Beef Mexican Meat Seasoned Potato Wedges or Steamed Broccoli Cuts Homemade Corn Bread Cheddar Cheese Sauce Fresh Shredded Carrot	BREAKFAST FOR LUNCH BAR: Egg & Cheese Omelet Diced Ham Sautéed Onions & Peppers Cinnamon Toast Hash Browns Warm Baked Apple Slices	AMERICAN DINER BOWL: Meat Loaf* Mashed Potatoes* Stewed Tomatoes or Seasoned Mixed Veggies* Dinner Roll* Brown Gravy Green Parsley Flakes	ITALIAN PASTA BOWL: Grilled Chicken Curly Rotini Pasta Roasted Italian Vegetables Green Peppers Toasted Whole Grain Garlic Bun Alfredo Sauce or Red Marinara Sauce Roma Herb Seasoning Blend
		Pizza Burger on a Whole Wheat Bun* Breaded Chicken Sandwich Combo'd with Baked Potato* Fresh Romaine Lettuce & Tomato	Sausage, Egg & Cheese on a Whole Wheat Bagel Classic Cheeseburger Combo'd with Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato*	BLT Burger Breaded Chicken Sandwich Combo'd with Mashed Potatoes Fresh Iceberg Lettuce & Tomato	Breaded Chicken Sandwich & Cheddar Classic Cheeseburger Combo'd with Baked Beans Fresh Iceberg Lettuce & Tomato
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p>		Whole Wheat Pizza Bagels Caesar Romaine Side Salad w/ Croutons	Chicken Brushetta Pizza with Tomatoes* Marinated Tomato & Cucumber Salad	Whole Grain Mexican Pita Pizzas Confetti Coleslaw	Pizza w/ Grilled Locally Grown Veggies Sweet Corn Salad
<p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad</p>		Made to Order SANDWICH Bar Special: Ham & Cheese Wrap	Made to Order SALAD Bar Special: Italian Hero	Made to Order SANDWICH Bar Special: Turkey Cheddar Wrap	Made to Order SANDWICH Bar Special: Italian Hero
<p>Fresh Food Fast-Packaged for Grab N' Go</p>		Garden Cheese Salad w/ Crackers Fruit Yogurt Parfait W/ Granola Topping Italian Hero Carrot Sticks Chilled Peaches	Garden Cheese Salad w/ Crackers Fruit Yogurt Parfait W/ Granola Topping Italian Hero Marinated Tomato & Cucumber Salad Made Petite Bananas	Garden Cheese Salad w/ Crackers Italian Hero Fruit Yogurt Parfait W/ Granola Topping Confetti Coleslaw Fresh Apples	Garden Cheese Salad w/ Crackers Fruit Yogurt Parfait W/ Granola Topping Italian Hero Carrot Sticks Chilled Applesauce
<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>		Caesar Romaine Side Salad w/ Croutons Southwest Corn & Black Bean Salad Fresh Local Apples Chilled Peaches*	Marinated Tomato & Cucumber Salad Tossed Salad w/ Light Dressing* Chilled Pineapples Fresh Pears*	Confetti Coleslaw Tossed Salad w/ Light Dressing Fruit Crisp* Chilled Mandarin Oranges	Tossed Salad w/ Light Dressing* Sweet Corn Salad Carrot Sticks Chilled Pear Raisin Salad Chilled Applesauce*

Question or Comments Call: Jeannie Martin 614-920-2649

Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)







The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.

Canal Winchester Middle School

Lunch Menu

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and Fat Free chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	<p>ASIAN RICE BOWL:</p> <p>Breaded Popcorn Chicken</p> <p>Steamed White Rice</p> <p>Fresh Carrots & Onions</p> <p>Homemade Crunchy Asian Topping</p> <p>Sweet N Sour Sauce</p> <p>Fresh Chopped Green Onion</p>	<p>MOM'S MASHED POTATO BOWL:</p> <p>Turkey Pot Pie</p> <p>Mashed Potatoes*</p> <p>Warm Baked Apple Slices*</p> <p>Sweet Peas*</p> <p>Turkey Gravy*</p>	<p>CHICKEN PARM BOWL:</p> <p>Breaded Chicken Cutlet*</p> <p>Seasoned Pasta*</p> <p>Seasoned Mixed Veggies*</p> <p>Fresh Baked Breadstick</p> <p>Red Marinara Sauce*</p> <p>Shredded Part Skim Mozzarella*</p>		
	<p>Cheddar Onion Burger</p> <p>Breaded Chicken Sandwich</p> <p>Broccoli</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>Hot Ham & Cheese on a Whole Wheat Bagel</p> <p>Classic Cheeseburger</p> <p>Combo'd with Warm Baked Apple Slices</p> <p>Fresh Iceberg Lettuce & Tomato</p>	<p>Cheese Steak Sandwich</p> <p>Breaded Chicken Sandwich</p> <p>Combo'd with Seasoned Mixed Veggies</p> <p>Fresh Romaine Lettuce & Tomato</p>		
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p>	<p>Pepperoni Pizza</p> <p>Tossed Salad w/ Light Dressing</p>	<p>Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce</p> <p>Carrot Sticks</p>	<p>Chicken & Roma Tomato Whole Grain Pita Pizza</p> <p>Caesar Romaine Side Salad w/ Croutons</p>		
 <p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread</p> <p>Turkey, Ham, Tuna Salad</p> <p>American and Part Skim Mozzarella Cheese</p> <p>Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots</p> <p>Fresh Homemade Vegetable Pasta Salad</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Chicken Caesar Wrap* w/ Homemade Macaroni Salad*</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef on Rye w/ Golden Honey Mustard</p>	<p>Made to Order SALAD Bar</p> <p>Special: Italian Hero</p>		
 <p>Fresh Food Fast-Packaged for Grab N' Go</p>	<p>Garden Cheese Salad w/ Crackers</p> <p>Chicken Caesar Wrap* w/ Homemade Macaroni Salad*</p> <p>Italian Hero</p> <p>Green Bean Salad</p> <p>Fresh Orange</p> <p>Green Bean Salad</p>	<p>Garden Cheese Salad w/ Crackers</p> <p>Italian Hero</p> <p>Carrot Sticks</p> <p>Chilled Pears</p>	<p>Garden Cheese Salad w/ Crackers</p> <p>Italian Hero</p> <p>Celery Sticks</p> <p>Chilled Pineapples</p>		
 <p>Cold Fruit & Vegetable Bar Offered Daily</p> <p>Featuring fresh seasonal produce including local items as available</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Chilled Applesauce</p> <p>Fresh Orange Wedges*</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Carrot Sticks</p> <p>Cucumber Slices</p> <p>Chilled Pears</p>	<p>Chilled Pineapples*</p> <p>Apple Salad Made w/ Fresh Local Apples</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Celery Sticks</p>		

Question or Comments Call: Jeannie Martin 614-920-2649

 Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.