

# Warren Central High School Lunch Menu

Week 1  
March 8 - 12

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

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

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<b>PLAY BOWLS</b>  Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	<b>STUFFED PASTA BOWL:</b>  Bow Tie Pasta Tricolor Cheese Tortellini Shredded Part Skim Mozzarella  Seasoned Fresh Carrots w/ Corn  Baked Apples  <b>Whole Wheat Toasted Garlic Bun</b>  Red Marinara Sauce Creamy Roasted Garlic Sauce  Roma Herb Seasoning Blend	<b>SOUTHEAST ASIAN RICE BOWL:</b>  Spicy Southeast Asian Chicken Curry  Steamed Brown Rice Fried Rice  Fresh Steamed Broccoli Cuts  Fresh Stir Fried Veggies  Sesame Breadstick  Spicy Curry Sauce  Chopped Green Onion	<b>BACKYARD BBQ BOWL:</b>  Fresh Roasted Southern Style BBQ Pork  Cinnamony Sweet Potatoes  Cheesy Macaroni  Confetti Coleslaw  Fresh Baked Biscuit  Honey BBQ Sauce  Chopped Green Onion	<b>MOM'S MASHED POTATO BOWL:</b>  Pineapple Glazed Chicken*  Mashed Potatoes <b>Bread Stuffing Made w/ Whole Wheat*</b>  Seasoned Mixed Veggies*  Fresh Glazed Carrots w/ Squash & Mustard Greens  <b>Dinner Roll</b>  Pineapple Glaze  Green Parsley	<b>SIZZLING TACO SALAD BOWL:</b>  Spicy Taco Meat  <b>Whole Grain Baked Tortilla Shell Scoops</b> Rice & Beans  Crunchy Spinach Salad  Warm Baked Apple Slices  Cinnamon Breadstick  Homemade Creamy Cilantro Lime Dressing  Fresh Homemade Salsa
<b>GRAB A STACK</b>  Lean Beef Burgers w/Cheese, Veggie Burgers & <b>Breaded Chicken</b> Sandwiches Available Daily	Buffalo Chicken Sandwich*  Oven Roasted Potato Fries  Fresh Romaine Lettuce & Tomato	Salsa Chicken Wrap*  Fresh Broccoli w/ Shredded Cheese  Fresh Romaine Lettuce & Tomato	Turkey & Cheese Bagel Melt  Cinnamony Sweet Potatoes  Fresh Romaine Lettuce & Tomato	Meatball Sub  Mashed Potatoes  Fresh Romaine Lettuce & Tomato	<b>Chicken Parm Wrap*</b>  Warm Baked Apple Slices  Fresh Romaine Lettuce & Tomato
<b>CRUST N STUFF</b>  Classic Cheese Pizza Made w/ Reduced Fat Cheese & Fresh Baked Daily	Buffalo Chicken Pizza*  Jamaican Beef Patty  Tossed Salad w/ Light Dressing*	Pepperoni Pizza  <b>Whole Wheat Pizza Dunkers w/ Shredded Cheese &amp; Tomato Dipping Sauce</b>  Veggie Crudités Cups	Veggie Lover's Pizza  Broccoli & Cheese Calzone w/ Tomato Dipping Sauce  Confetti Coleslaw	Pepperoni Pizza  Triple Decker Bean Tostados w/ Salsa*  Spinach Romaine Salad w/Strawberries	Philly Cheesesteak Pizza  Chicken Florentine Flatbread  Crunchy Spinach Salad
<b>READY, SET, DELI</b>  Cold Sandwiches & Salads Made Fresh Your Way  Available Daily: <b>Whole Grain Tortilla Wraps, Rolls, and Whole Wheat Bread</b> Turkey & Ham American and Swiss Cheese Romaine/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots	Made to Order SANDWICH Bar  Special: <b>Roast Beef &amp; Cheese Wrap</b>	Made to Order SANDWICH Bar  Special: Neapolitan Hero w/ Balsamic Vinaigrette* & Vegetable Pasta Salad*	Made to Order SALAD Bar  Special: BBQ Chicken Salad w/ Toasted Flatbreads & Homemade Ranch Dressing*	Made to Order SANDWICH Bar  Special: <b>Turkey Club Wrap</b>	Made to Order SANDWICH Bar  Special: Turkey & Swiss Ciabatta w/Dijon Mustard
Ranch, Honey Mustard, and Italian Vinaigrette Dressing and Olive Oil & Vinegar Available Daily					
<b>TOAST POST</b>  Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps Get the Panini press or the Turbo- Fast Toasted Treatment	Monte Cristo Turkey & Ham Panini  Tossed Salad w/ Light Dressing	Pressed Beef & Bean Burrito  Veggie Crudités Cups	Chicken Pesto Panini  Confetti Coleslaw	Toasted Meatball Parm Sub  Spinach Romaine Salad w/Strawberries	Turkey Swiss Flatbread  Crunchy Spinach Salad
<b>EXTRA EXTRA</b>  Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Tossed Salad w/ Light Dressing*  Petite Bananas*  Chilled Fruit  Carrot Sticks	Caesar Romaine Side Salad w/ Croutons  Chilled Pineapples*  Veggie Crudités Cups  Vegetable Pasta Salad	Tossed Salad w/ Light Dressing*  Fresh Apples Chilled Fruit Crisp*  Confetti Coleslaw  Creamy Carrot Raisin Salad	Spinach Romaine Salad w/Strawberries  Chilled Pears Petite Bananas*  Carrot Sticks	Tossed Salad w/ Light Dressing*  Fresh Orange Wedges*  Creamy Carrot Raisin Pineapple Salad  Crunchy Spinach Salad

Menu item is made w/ whole grain

\*Menu item is offered with the complete daily Balanced Choices® Meal

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

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Station	Monday	Tuesday	Wednesday	Thursday	Friday
<b>PLAY BOWL</b>  Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	<b>ASIAN RICE BOWL:</b>  Pineapple Teriyaki Chicken  Oriental Fried Rice Steamed Brown Rice  Roasted Carrots  Fresh Steamed Broccoli Cuts  Crunchy Chow Mein Noodles  Homemade Sesame Sauce  Fresh Chopped Green Onion	<b>MASHED POTATO BOWL:</b>  Breaded Popcorn Chicken  Mashed Potatoes  Sweet Peas  Roasted Carrot Fries  <b>Breadstick Made w/ Whole Wheat</b>  Chicken Gravy  Fresh Shredded Carrot	<b>NACHO BOWL:</b>  Spicy Turkey Taco Meat  Cilantro Lime Brown Rice <b>Whole Grain Corn Tortilla Shell Rounds</b>  Southwest Beans  Mexican Corn  <b>Cinnamon Breadstick</b>  Fresh Homemade Salsa  Shredded Cheddar	<b>AMERICAN DINER BOWL:</b>  Roast Turkey w/ Gravy*  Rice Pilaf w/ Orzo* Sweet Potatoes*  Golden Corn  Seasoned Green Beans  <b>Dinner Roll*</b>  Homemade Turkey Gravy  Green Parsley Flakes	<b>ITALIAN PASTA BOWL:</b>  Saucy Homemade Italian Meatballs  Whole Wheat Spaghetti Curly Rotini Pasta  Fresh Steamed Vegetable Medley  Broccoli Slaw  <b>Toasted Whole Grain Garlic Bun</b>  Red Marinara Sauce  Roma Herb Seasoning Blend
<b>GRAB A STACK</b>  Lean Beef Burgers w/Cheese, Veggie Burgers & Breaded Chicken Sandwiches Available Daily	<b>Hot Chili Burger w/ Monterey Jack on a Whole Wheat Bun</b>  Fresh Broccoli w/ Shredded Cheese  Fresh Romaine Lettuce & Tomato	<b>Whole Grain Breaded Chicken Corn Dog Nuggets w/ Biscuit</b>  Roasted Carrot Fries  Fresh Romaine Lettuce & Tomato	<b>Bacon Cheeseburger on a Whole Wheat Bun*</b>  Baked Potato*  Fresh Romaine Lettuce & Tomato*	<b>Breaded Chicken Parm Sandwich on a Whole Wheat Bun</b>  Golden Corn  Fresh Romaine Lettuce & Tomato	<b>Western Breakfast Egg Wrap</b>  Oven Roasted Potato Fries  Fresh Romaine Lettuce & Tomato
<b>CRUST N STUFF</b>  Classic Cheese Pizza Made w/ Reduced Fat Cheese & Fresh Baked Daily	Pepperoni Pizza  Red Hot Chicken Pizza  Spinach Romaine Salad w/ Strawberries	Chicken Tostado Flatbread*  Pizza Bagels  Pinto or Kidney Bean Salad*	Hawaiian Pizza*  Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce  Caesar Romaine Side Salad w/ Croutons	Pepperoni Pizza  Mexican Pita Pizzas  Tossed Salad w/ Light Dressing	Pizza Topped w/ Green Peppers  BBQ Pizza  Sweet Corn Salad
<b>READY, SET, DELI</b>  Cold Sandwiches & Salads Made Fresh Your Way  Available Daily: <b>Whole Grain Tortilla Wraps, Rolls, and Whole Wheat Bread</b> Turkey & Ham American and Swiss Cheese Romaine/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots	Made to Order SANDWICH Bar  Special: <b>Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato &amp; Dill Mayo</b>	Made to Order SANDWICH Bar  Special: <b>Parisian Ham &amp; Cheese Wrap</b>	Made to Order SALAD Bar  Special: Caribbean Chicken Salad w/ Homemade Spicy Dressing & <b>Whole Grain Crackers</b>	Made to Order SANDWICH Bar  Special: <b>Turkey Club Wrap</b>	Made to Order SANDWICH Bar  Special: Roast Beef, Red Onion & Spicy Tomato Mayo on Multigrain Bread* w/ Homemade Vegetable Pasta Salad*
Ranch, Honey Mustard, and Italian Vinaigrette Dressing and Olive Oil & Vinegar Available Daily					
<b>TOAST POST</b>  Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps Get the Panini press or the Turbo- Fast Toasted Treatment	Chicken Ranchero Wrap*  Spinach Romaine Salad w/ Strawberries	Turkey Bacon Ranch Flatbread  Carrot Sticks	<b>Toasted Mozzarella &amp; Pepperoni on Whole Wheat w/ Tomato Dipping Sauce</b>  Caesar Romaine Side Salad w/ Croutons	Arizona Chicken Panini  Tossed Salad w/ Light Dressing	Cheese Quesadillas w/ Fresh Salsa*  Sweet Corn Salad
<b>EXTRA EXTRA</b>  Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Green Bean Salad  Spinach Romaine Salad w/ Strawberries  Chilled Mixed Fruit  Fresh Orange Wedges*	Pinto or Kidney Bean Salad*  Carrot Sticks  Sweet Chewy Raisins  Pears*	Cucumber Citrus Salad  Caesar Romaine Side Salad w/ Croutons  Fresh Apples  Chilled Peaches*	Celery w/Peanut Butter  Tossed Salad w/ Light Dressing  Petite Bananas*  Chilled Fruit	Sweet Corn Salad  Veggie Crudités Cups  Tossed Salad w/ Light Dressing  Cinnamon Applesauce*

Menu item is made w/ whole grain

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<b>PLAY BOWLS</b>  Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	<b>WET BURRITO BOWL:</b>  Beef & Bean Chili or Southwest Beans  Fiesta Rice  Roasted Corn  Shredded Lettuce & Diced Tomato  <b>Whole Wheat Flour Tortilla</b>  Fresh Homemade Salsa  Shredded Cheddar	<b>MEDITERRANEAN BOWL:</b>  Tarragon Marinated Chicken  Brown Veggie Rice  Roasted Tomatoes w/ Rosemary  Mediterranean Salad w/ Homemade Balsamic Vinaigrette  Warm Pita Bread  Homemade Taziki Sauce  Chopped Green Onion	<b>ASIAN LO MEIN NOODLE BOWL:</b>  Roast Pork*  Lo Mein Noodles*  Carrots & Onion*s  Oriental Blend Veggies*  <b>Whole Wheat Dinner Roll*</b>  Lo Mein Sauce*  Diced Red & Green Bell Pepper*	<b>MOM'S MASHED POTATO BOWL:</b>  Herb Roasted Chicken  Mashed Potatoes  Fresh Glazed Carrots  Sweet Peas  <b>Whole Wheat Toasted Garlic Bun</b>  Homemade Chicken Gravy  Fresh Diced Tomatoes	<b>BRUNCH FOR LUNCH BOWL:</b>  Scrambled Eggs, Crumbled Sausage  Home-style Grits Herb Roasted Potatoes  Fresh Orange Wedges  Fruit Crisp  <b>Whole Wheat Pancake</b> Warm Syrup  Shredded Cheddar
<b>GRAB A STACK</b>  Lean Beef Burgers w/Cheese, Veggie Burgers & Breaded Chicken Sandwiches Available Daily	<b>Whole Grain Chicken Nuggets</b>  Roasted Corn w/ Red Pepper  Fresh Romaine Lettuce & Tomato	Philly Cheese Steak on Roll  Warm Baked Apple Slices  Fresh Romaine Lettuce & Tomato	Warrior Sliders  Oven Roasted Potato Fries  Fresh Romaine Lettuce & Tomato	Breaded Popcorn Chicken w/ <b>Toasted Garlic Bun*</b>  Mashed Potatoes  Fresh Romaine Lettuce & Tomato	<b>Greek Breaded Chicken Sandwich on a Whole Wheat Bun*</b>  Rice Pilaf  Fresh Romaine Lettuce & Tomato
<b>CRUST N STUFF</b>  Classic Cheese Pizza Made w/ Reduced Fat Cheese & Fresh Baked Daily	Pepperoni Pizza  Roasted Veggie Supreme Flatbread  Tossed Salad w/ Light Dressing	<b>Whole Wheat Pizza Dunkers w/ Shredded Cheese &amp; Tomato Dipping Sauce</b>  Sausage Pizza  Carrot Sticks	<b>Chicken &amp; Roma Tomato Whole Grain Pita Pizza*</b>  Buffalo Chicken Pizza  Caesar Romaine Side Salad w/ Croutons	Pepperoni Pizza  Turkey & Cheese Hot Pocket w/ Tomato Dipping Sauce  Tossed Salad w/ Light Dressing*	White French Bread Toast  Margherita Flatbread*  Tossed Salad w/ Light Dressing
<b>READY, SET, DELI</b>  Cold Sandwiches & Salads Made Fresh Your Way  Available Daily: <b>Whole Grain Tortilla Wraps, Rolls, and Whole Wheat Bread</b> Turkey & Ham American and Swiss Cheese Romaine/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots	Made to Order SANDWICH Bar  Special: Ham & Cheese Sub	Made to Order SANDWICH Bar  Special: <b>Buffalo Chicken Salad on Whole Wheat</b>	Made to Order SALAD Bar  Special: Monterey Ranch Chicken Salad w/ Ranch Dressing & Toasted Flatbreads	Made to Order SANDWICH Bar  Special: Roast Beef & Swiss on Rye w/ Golden Honey Mustard	Made to Order SANDWICH Bar  Special: <b>Santa Fe Turkey and Cheddar Wrap</b>
Ranch, Honey Mustard, and Italian Vinaigrette Dressing and Olive Oil & Vinegar Available Daily					
<b>TOAST POST</b>  Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps Get the Panini press or the Turbo- Fast Toasted Treatment	Grilled Turkey Reuben on Rye  Confetti Coleslaw	Pressed Chicken & Cheese Quesadillas  Sweet Corn Salad	Toasted Stromboli Grinder  Carrot Sticks	Pepperoni Pizza Panini  Tossed Salad w/ Light Dressing	<b>Toasted Ham &amp; Mozzarella on Whole Wheat*</b>  Pear Raisin Salad
<b>EXTRA EXTRA</b>  Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Petite Banana*  Confetti Coleslaw  Tossed Salad w/ Light Dressing*  Mandarin Oranges	Fresh Apples*  Crunchy Spinach Salad  Chilled Peaches  Sweet Corn Salad	Chilled Pineapples*  Tossed Salad w/ Light Dressing*  Carrot Sticks  Sweet Chewy Raisins	Caesar Romaine Side Salad w/ Croutons  Chilled Pears*  Fresh Apple Salad  Three Bean Salad	Chilled Applesauce*  Fresh Orange Wedges  Tossed Salad w/ Light Dressing*  Pear Raisin Salad

Menu item is made w/ whole grain

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

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<b>PLAY BOWLS</b>  Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	<b>SWEET N SOUR ASIAN RICE BOWL:</b>  Asian Marinated Chicken  Asian Fried Rice Steamed Brown Rice  Roasted Red & Green Peppers  Fresh Steamed Broccoli Cuts  Crunchy Chow Mein Noodles  Homemade Sweet N Sour Sauce  Fresh Chopped Green Onion	<b>SOUTHEAST ASIAN RICE BOWL:</b>  Spicy Southeast Asian Chicken Curry  Steamed Brown Rice Fried Rice  Fresh Steamed Broccoli Cuts  Fresh Stir Fried Veggies  Sesame Breadstick  Spicy Curry Sauce  Chopped Green Onion	<b>CHICKEN PARM BOWL:</b>  Breaded Chicken *  Seasoned Rotini Pasta* Whole Wheat Spaghetti  Seasoned Mixed Veggies*  Roasted Italian Butternut Squash  <b>Fresh Baked Breadstick</b>  Red Marinara Sauce*  Shredded Part Skim Mozzarella*	<b>LATIN AMERICAN ROAST PORK BOWL:</b>  Puerto Rican Citrus Pork  Rice & Beans Mashed Sweet Potatoes  Tossed Salad w/ Ranch  Seasoned Green Beans  <b>Spicy Lime Whole Wheat Tortilla Chips</b>  Fresh Homemade Salsa  Orange Slice	<b>ROASTED CHICKEN BOWL:</b>  Cranberry Glazed Chicken  Steamed Brown Rice <b>Bread Stuffing Made w/ Whole Wheat</b>  Seasoned Corn  Warm Fruit Crisp  <b>Dinner Roll</b>  Cranberry Glaze  Fresh Chopped Green Onion
<b>GRAB A STACK</b>  Lean Beef Burgers w/Cheese, Veggie Burgers & Breaded Chicken Sandwiches Available Daily	Buffalo Chicken Sliders  Roma Herb Potato Wedges  Fresh Romaine Lettuce & Tomato	Salsa Chicken Wrap  Fresh Broccoli w/ Shredded Cheese  Fresh Romaine Lettuce & Tomato	Cheese Steak Sandwich  Oven Roasted Potato Fries  Fresh Romaine Lettuce & Tomato	Breaded Chicken Tenders w/ Biscuit  Mashed Sweet Potatoes  Fresh Romaine Lettuce & Tomato	<b>Turkey Club Burger on a Whole Wheat Bun*</b>  Seasoned Corn*  Warm Fruit Crisp*  Fresh Romaine Lettuce & Tomato
<b>CRUST N STUFF</b>  Classic Cheese Pizza Made w/ Reduced Fat Cheese & Fresh Baked Daily	Pepperoni Pizza  Pizza w/ Roasted Italian Vegetables  Crunchy Spinach Salad	Pepperoni Pizza  Hawaiian Pizza  Veggie Crudités Cups	Chicken & Roma Tomato Pita Pizza  Spinach 3 Cheese Calzone  Caesar Romaine Side Salad w/ Croutons	South of the Border Chicken Pizza*  BBQ Chicken Pizza  Tossed Salad w/ Ranch	Pepperoni Pizza  Cheeseburger Flatbread  Confetti Coleslaw
<b>READY, SET, DELI</b>  Cold Sandwiches & Salads Made Fresh Your Way  Available Daily: <b>Whole Grain Tortilla Wraps</b> , Rolls, and <b>Whole Wheat Bread</b> Turkey & Ham American and Swiss Cheese Romaine/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots	Made to Order SANDWICH Bar  Special: <b>Chicken Caesar Wrap*</b> w/ Homemade Macaroni Salad*	Made to Order SANDWICH Bar  Special: Neapolitan Hero w/ Balsamic Vinaigrette* & Vegetable Pasta Salad*	Made to Order SALAD Bar  Special: Asian Six Treasure Chicken Salad w/ Homemade Sweet N Sour Dressing & <b>Whole Wheat Roll</b>	Made to Order SANDWICH Bar  Special: <b>Classic Chicken Salad on Whole Wheat w/ Lettuce &amp; Tomato</b>	Made to Order SANDWICH Bar  Special: <b>Santa Fe Turkey and Cheddar Wrap</b>
Ranch, Honey Mustard, and Italian Vinaigrette Dressing and Olive Oil & Vinegar Available Daily					
<b>TOAST POST</b>  Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps Get the Panini press or the Turbo- Fast Toasted Treatment  Ham and Cheese or Turkey and Cheese Panini Available Daily	Grilled Turkey Reuben on Rye*  Crunchy Spinach Salad	Monte Cristo Turkey & Ham Swiss Panini  Veggie Crudités Cups	Toasted Saucy Italian Meatball Hero  Caesar Romaine Side Salad w/ <b>Croutons</b>	Cobb Panini w/ Turkey, Cheddar & Bacon  Tossed Salad w/ Light Dressing	<b>Toasted Ham &amp; Mozzarella on Whole Wheat*</b>  Carrot Sticks
<b>EXTRA EXTRA</b>  Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Macaroni Salad  Crunchy Spinach Salad  Chilled Pears  Fresh Orange Wedges*	Caesar Romaine Side Salad w/ Croutons  Chilled Pineapples*  Veggie Crudités Cups  Vegetable Pasta Salad	Chilled Pineapples*  Apple Salad Made w/ Fresh Apples  Caesar Romaine Side Salad w/ Croutons  Celery Sticks	Tossed Salad w/ Ranch Dressing  Petite Bananas*  Chilled Fruit  Carrot Sticks	Carrot Sticks  Confetti Coleslaw  Sweet Corn Salad  Chilled Mixed Fruit



Menu item is made w/ whole grain



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