



GLACIER HIGH SCHOOL LUNCH MENU

FEBRUARY 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Lunch Prices: Paid: \$2.50 Reduced: \$.40</p>	<p>OFFERED DAILY Chef Salad, Pizza, Nachos, Cheeseburger, Chicken Patty Oven Fries ,Soup & Bread Sticks, Grilled Sandwiches and Assorted Sandwiches w/ Chips</p>	<p>USDA TARGET: Calories: 825 Total Fat: <30% Saturated Fat: <10%</p>				
<p>Menu Subject To Change- Notice Given When Possible</p>	<p>1 Polish Sausage, Hamburger Gravy w Potatoes, BLT Chicken Salad Or Sandwich Bar , Green Beans, Dried Cherries Snicker Doodles Cookie</p>	<p>2 Bacon Chicken Patty, Chili Fritos, BLT Chicken Salad Or Sandwich Bar Peach Cup Tossed Salad w/ Ranch</p>	<p>3 Patty Melt, Pasta Bar w/ Garlic Bread BLT Chicken Salad Or Sandwich Bar Tossed Salad w/ Ranch, Grapes Rosy Applesauce</p>	<p>4 Malibu Chicken Roast Beef w/ Potatoes & Gravy, Golden Carrots, BLT Chicken Salad Or Sandwich Bar Whole Wheat Roll / Jelly Peanut Butter Cookie Strawberries</p>	<p>5 Bacon Cheese Burger, Taco Salad, BLT Chicken Salad Or Sandwich Bar Tossed Salad w/ Ranch Mixed Fruit</p>	<p>6 Calories: 836 Total Fat: 24% Sat. Fat: 9%</p>
<p>7</p>	<p>8 Polish Sausage, Lasagna w/ Garlic Bread , Garden Fresh Peas, Taco Salad Or Sandwich Bar Whole Wheat Roll / Jelly Chocolate Chip Cookie Dried Cherries</p>	<p>9 Bacon Cheese Burger, Country Fried Steak w/ Potatoes & Gravy, Taco Salad Or Sandwich Bar , Green Beans Tossed Salad w/ Ranch Rosy Applesauce</p>	<p>10 Mushroom & Swiss Burger, Grilled Sandwich w/ Tomato Soup, Taco Salad Or Sandwich Bar Whole Wheat Roll / Jelly Grapes</p>	<p>11 Pizza Burger, Turkey Gravy w/ Potatoes, Golden Corn, Taco Salad Or Sandwich Bar Rosy Applesauce Sugar Cookie Blueberries</p>	<p>12 Ham & Swiss Burger, Baked Potato Bar, Taco Salad Or Sandwich Bar Whole Wheat Roll / Jelly Tossed Salad w/ Ranch Walnuts</p>	<p>13 Calories: 840 Total Fat: 25% Sat. Fat: 8%</p>
<p>14</p>	<p>15 No School</p>	<p>16 Stir Fry w/ Noodles / Rice & Fortune Cookie, Malibu Chicken, Oriental Salad Or Sandwich Bar Slice Apples w/ Cinnamon Sugar</p>	<p>17 Bacon Chicken Patty, Gyros , Oriental Salad Or Sandwich Bar Whole Wheat Roll / Jelly Grapes , Dried Cherries Rosy Applesauce</p>	<p>18 Hot Ham & Swiss Croissant, Salisbury Steak w/ Whipped Potatoes, Golden Corn Oriental Salad Or Sandwich Bar Whole Wheat Roll / Jelly Cowboy Cookie</p>	<p>19 Bacon Cheese Burger French Dip, Oriental Salad Or Sandwich Bar Mixed Fruit</p>	<p>20 Calories: 842 Total Fat: 22% Sat. Fat: 8%</p>
<p>21</p>	<p>22 Bacon Chicken Patty, Chicken Nuggets w/ Tater Tots & Cheesy Biscuit, Chicken Caesar Salad Or Sandwich Bar , Whole Wheat Roll / Jelly Tossed Salad w/ Ranch Peanut Butter Cookie Dried Cherries</p>	<p>23 Malibu Chicken Ravioli w/ Garlic Bread , Chicken Caesar Salad Or Sandwich Bar Rosy Applesauce</p>	<p>24 Bacon Cheese Burger 3 Egg Rolls w/ Fried Rice & Fortune Cookie, Chicken Caesar Salad Or Sandwich Bar Grapes</p>	<p>25 Pizza Burger, Meat Ball Sub, Chicken Caesar Salad Or Sandwich Bar Chocolate Chip Cookie Blackberries</p>	<p>26 Mushroom & Swiss Burger, Bread Bowl Bar, Chicken Caesar Salad Or Sandwich Bar Rosy Applesauce Walnuts</p>	<p>27 Calories: 846 Total Fat: 25% Sat. Fat: 8%</p>