

A La Carte Menu 2011-2012

These items can be purchased separately from the school lunch or breakfast* program.

A full school lunch meal includes: choice of entrée, fruits and vegetables, and milk for only \$3.00.

*Breakfast programs are only at Meadowbrook Middle School, Mt. Carmel High, Poway High, and Westview High School.

Taste of Italy



\$2.25

Pizza Strip

\$2.50

Pizza Pocket or Wedge
Breadsticks with Marinara

\$3.00

Spaghetti with Meat Sauce
Spaghetti Parmesan
Tortellini with Marinara Sauce

Big Daddy's Pizza Slice

\$3.50

Italian Meatball Sandwich
Spaghetti with Meatballs
6" Personal Pizza

Asian Cuisine

\$3.25

Orange Chicken
Chicken Chow Mein
Teriyaki Chicken
Spicy Sichuan Chicken

Above items served with steamed rice.



American Grill

\$3.00

BBQ Pork Rib Sandwich
Chicken Patty Sandwich
Vegetable Garden Burger
Cheese Burger
Steak Sandwich with Cheese
Salisbury Steak with Gravy and Noodles

Fresh Deli

\$3.00

Club Sandwich
Pastrami and Swiss Sandwich
Tuna Salad Sandwich on French Bread
Turkey or Turkey Ham and Cheese Sandwich
Veggie Cheese Sandwich



South of the Border

\$2.50

Bean and Cheese Burrito
\$3.00
Flautas (Chili Bean & Cheese)
Gordita (Turkey, Bean & Cheese)



\$3.25

Gordita (Fajita Chicken)
Fiesta Bowl

Salads - selections may vary

\$3.00

Fajita Chicken Salad
Turkey with Cheddar
Southwest Chicken Salad



Breakfast Items

\$1.00

Whole Grain Pop Tart

\$1.25

Buttermilk Bar
Cereal (Assorted)
Cinnamon Glazed
French Toast

Lemon Cooler Bread

Muffins (Assorted)

Honey Buns

Cinnamon Roll

\$1.50

Bagel & Cream Cheese

Yogurt, Assorted

\$2.00

Breakfast Gordita

Breakfast Sandwich

\$2.50

Ham & Cheese Bagel



Snack Items

\$0.50

Assorted Crackers
Raisins or Dried Fruit

\$0.75

Granola Bar
Cheez-Its Crackers
Sunflower Kernels
Chocolate Chip Cookie

Soft Pretzel

Cheese, Individually Wrapped

\$1.00

Fudge Brownie

Cheese Filled Soft Pretzel

Strawberry Stuffed Pretzel

\$1.25

Chex Mix

Baked Chips or Pretzels

Kettlecorn Popcorn

Baked Chips, Assorted



Sides

\$0.25

Fresh Fruit
(apple, banana, orange, pear)

Carroteenies

\$0.50

Refried Beans & Cheese
Steamed or Mexican Rice

\$0.75

Mashed Potatoes & Gravy

\$1.00

Pasta Salad

\$1.50

Soup, 8 oz. cup

Baked Potato Wedges

Baked Potato with Toppings

\$2.00

Garden Salad/Crackers



Beverages and Ice Cream Treats

\$0.50

Milk, 1/2 pint

\$0.75

100% Fruit Juice, 1/2 Pint

\$1.25

Water, 20 oz.

plastic bottle

\$1.50

Milk, 12 oz.

100% Orange Juice/12 oz.

Gatorade, Assorted

Switch Sparkling 100%

Fruit Juice

\$1.75

100% Fruit Juice/11 oz.

\$1.00

Ice Cream Treats,
Variety