



# FRIENDS-SELECT SCHOOL LUNCH MENU JANUARY 2012

OFFERED DAILY

**Lower School Desserts**

**May Offer:**

**Fresh Fruit**

**Cookies**

**Yogurt**

**Jell-O**

**Healthy Snacks**

**Philly Soft Pretzels**

**SUSHI ON**

**TUESDAYS & THURSDAYS**

**MENU SUBJECT TO  
CHANGE!**

**Rachel Ames**

**GENERAL MANAGER**

**215-561-5900 ext. 146**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>HAPPY NEW YEAR!</b>  <b>Jan. 9-13th is National Pizza Week!</b> We'll be celebrating with a new and exciting specialty pizza on whole grain crust each day.	3 Signature Entrée Chicken Quesadilla Vegetarian Entrée Veggie Quesadilla Falcon Grille Corn dog Combo Featured Vegetable & Side Fresh Steamed Broccoli Vegetarian Refried Beans	4 Signature Entrée Baked Fish Sandwich Vegetarian Entrée Macaroni and Cheese Falcon Grille Turkey B.L.T. Featured Vegetable & Side Stewed Tomatoes Multi Grain Roll	5 <b>Breakfast For Lunch!</b> Scrambled Eggs Turkey Bacon Sausage Home Fries Pancakes with strawberries Featured Vegetable & Side Homemade Local Applesauce	6 Signature Entrée Chicken Patty Vegetarian Entrée Caesar Wrap Falcon Grille Veggie Burger Featured Vegetable & Side Fresh Steamed Carrots Curly Fries
9 Signature Entrée Whole Grain Penne Marina with Meatballs Vegetarian Entrée Eggplant Parmesan Falcon Grille Meatball Hoagie Featured Vegetable Roasted Asparagus	10 Signature Entrée Hot Meatloaf Vegetarian Entrée Baked Potato Bar Falcon Grille Chili Cheeseburger Featured Vegetable & Side Sautéed Spinach Sweet Potato Fries	11 Signature Entrée Hot Turkey and Rice Bowl Vegetarian Entrée New Orleans Beans & Rice Falcon Grille Tuna Melt Vegetable & Side Brussels Sprouts	12 -Pizza Party- Individual Cheese Pizza MS/US: Pizza Bar Vegetarian Entrée Veggie Lovers Pizza Falcon Grille Chicken Tender Combo Featured Vegetable & Side Fresh Steamed Broccoli	13 "Head of School for the Day" Menu Hot Dogs Vegetarian Entrée Garden Burger Falcon Grille Chicken Parm Featured Vegetable & Side Fresh Green Beans
16 <b>Martin Luther King, Jr. Day</b> 	17 Signature Entrees Ground Turkey Tacos Vegetarian Entrée Tempeh Tacos Falcon Grille Nachos Supreme Featured Vegetable & Side Bean Medley Spanish Rice	18 Signature Entrees Baked Chicken Breast Vegetarian Entrée Greek Spinach Pie Falcon Grille Chicken Gyro Featured Vegetable & Side Tomato & Cucumber Salad Oven Roasted Potatoes	19 Signature Entrees Baked Fish Sticks Vegetarian Entrée Curry Lentil Stew Falcon Grille Fish Taco Featured Vegetable & Side Roasted Local Veggies Cheesy Cauliflower Mash	20 Signature Entrees Grilled Ham and Cheese Sandwich Vegetarian Entrée Grilled Cheese No MS/US Classes Featured Vegetable & Side Homemade Tomato Soup Fresh Steamed Carrots
23 -Chinese New Year- Sweet and Sour Chicken Vegetarian Entrée Sweet and Sour Tofu Falcon Grille Vegetarian Spring Roll Featured Vegetable & Side Oriental Veggies Brown Rice	24 Signature Entrees BBQ Pork Sandwich Vegetarian Entrée Vegetable Strudel Falcon Grille BBQ Cheddar Burger Featured Vegetable & Side Steamed Green Beans Scalloped Potatoes	25 Signature Entrees Open Face Roast Beef on Whole Wheat Vegetarian Entrée Homemade Hummus and Veggie Pita Featured Vegetable & Side Fresh Corn Cobbetts Mashed Potatoes and Gravy	26 <b>US Intersession: Central &amp; South America</b> <b>Whole School Sampler:</b> Beef and Cheese Empanada Chicken Chimichurri Ropa Vieja Vegetable Mofongo Baked Plantains	27 Signature Entrees Baked Ziti Marinara Vegetarian Entrée Spicy Black Bean Burger Falcon Grille Salmon Burger Featured Vegetable & Side Roasted Asparagus Garlic Breadstick
30 Signature Entrees Chicken Nuggets Vegetarian Entrée Hearty Corn Chowder Falcon Grille Chicken Cheese steak Featured Vegetable & Side Fresh Steamed Broccoli Hot Biscuit	31 Signature Entrees Chef Salad Vegetarian Entrée Pierogies Falcon Grille Sausage & Peppers Sandwich Featured Vegetable & Side Mixed Seasonal Veggies French Fries			

**UP FOR GRABS**

A Selection of Salads and Deli Sandwiches, Fruit, Parfaits & Yogurts

**SALAD BAR**

Mixed Greens with Assorted of Fresh and Local Vegetables, Homemade Salads and a Variety of Condiments and low-fat dressings.

**FALCON GRILL**

may include:

Hot Dog, Burgers, Chicken Breast Sandwich, Cheese Steaks, Chicken Cheese Steaks, Vegan Burgers, Turkey Burgers, French Fries.

**PIZZA EXPRESS**

May include:

White, Sausage, Pepperoni, Buffalo Chicken, BBQ Chicken, Little Charlie's, French Bread, Vegetable.