

# FRIENDS-SELECT SCHOOL LUNCH MENU OCTOBER 2011

OFFERED DAILY



**Lower School Desserts**

**May Offer:**

**Fresh Fruit**

**PUDDING**

**COOKIES**

**Yogurt**

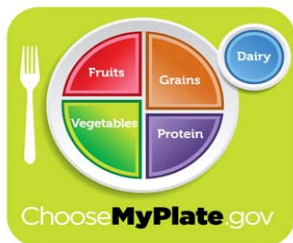
**Jell-O**

**Healthy Snacks**

**SUSHI ON**  
**TUESDAYS & THURSDAYS**

**MENU SUBJECT TO  
CHANGE!**

**Rachel Ames  
GENERAL MANAGER,**



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3 Signature Entrée Hot Wing Chicken Vegetarian Entrée Cheese Omelet Falcon Grille BLT Featured Vegetable & Side Corn Home Fries	4 Signature Entrée BBQ Pork Vegetarian Entrée Macaroni Cheese Falcon Grille Pork Roll Featured Vegetable & Side Green Peas Stewed Tomatoes	5 Signature Entrée Hot Turkey Melt Vegetarian Entrée Lentil Stew Falcon Grille Bacon Cheese Burger Featured Vegetable & Side Sautéed Squash Au Gratin Potatoes	6 Signature Entrée Sloppy Joe Vegetarian Entrée Vegetable Quesadilla Falcon Grille Chicken Parmesan Featured Vegetable & Side Bean Medley Mexican Rice Blend	7 No School
10 No School	11 Signature Entrée Salisbury Steak Vegetarian Entrée Veggie Pita Falcon Grille Nachos Featured Vegetable & Side Broccoli Mashed Potatoes	12 Signature Entrée Chicken Nuggets Vegetarian Entrée Meatless Chili Falcon Grille Cuban Sandwich Featured Vegetable & Side Mexican Corn Seasoned Fries	13 Signature Entrée Lasagna Vegetarian Entrée Grilled Cheese Falcon Grille Turkey Burger Featured Vegetable & Side Sautéed Kale Potato Chips	14 Signature Entrée Fish Nugget Vegetarian Entrée Spicy Veggie Burger Falcon Grille Wings Featured Vegetable & Side Mixed Vegetables Waffle Cut Fries
17 Signature Entrees Hamburger Bar Vegetarian Entrée Eggplant Parmesan Falcon Grille BBQ Pulled Pork Featured Vegetable & Side Green Beans Spiral Fries	18 Signature Entrees BBQ Chicken Thighs Vegetarian Entrée Veggie Wrap Falcon Grille Tuna Melt Featured Vegetable & Side Carrots Scalloped Potatoes	19 Signature Entrees Baked Rigatoni Vegetarian Entrée Vegetable Strudel Falcon Grille Salmon Burger Featured Vegetable & Side Garden Peas Sautéed Mushrooms & Spinach	20 Signature Entrees Taco 's Vegetarian Entrée Bean Burrito Falcon Grille Taco Salad Featured Vegetable & Side Asparagus Rice	21 Signature Entrees Pizza Vegetarian Entrée Spicy Black Bean Burger Falcon Grille Wings Featured Vegetable & Side Corn Seasoned Egg Noodles
24 Signature Entrees Ham & Cheese Cosmo Vegetarian Entrée Toasted Cheese & Spinach Falcon Grille Pizza Burger Featured Vegetable & Side Cauliflower Potato Chips	25 Signature Entrees Chicken Patty Hero Vegetarian Entrée Cheese Nachos Falcon Grille Chicken Nachos Featured Vegetable & Side Brussels Sprouts Mashed Potatoes	26 Signature Entrees Cheese Ravioli Vegetarian Entrée Veggie Panini Falcon Grille Buffalo Cheese Steak Featured Vegetable & Side Zucchini Lentil Blend	27 Signature Entrees Hot Roast Beef Sandwich Vegetarian Entrée Caesar Wrap Falcon Grille Salmon Burger Featured Vegetable & Side Snap Peas Mashed Potatoes	28 Signature Entrees Fish n Batter Sandwich Vegetarian Entrée Spicy Black Bean Burger Falcon Grille Appetizer Selections Featured Vegetable & Side Mixed Vegetables Seasoned Fries
31 Halloween Menu Entrees "Gool"ash Vegetarian Entrée Tempeh & Vegetables Falcon Grille Bat Wings Featured Vegetable & Side Broccoli Mashed Potatoes				

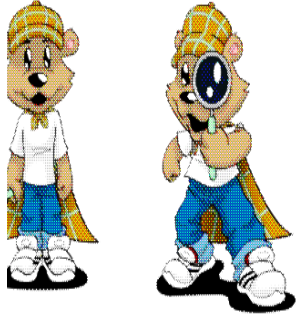
**UP FOR GRABS**  
A Selection of Salads and Deli  
Sandwiches, Fruit, Parfaits &  
Yogurts

**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.



# This Month, Commissioner Nutrition Investigates APPLES

## **FUN FACTS:**

- The Red Delicious apple is Americans favorite snacking apple.
- There are about 7,000 varieties of apples in the world.
- The Pilgrims planted the first apple trees in the Massachusetts Bay Colony.
- Washington State grows the most apples in the United States.

## **NUTRITIONAL INFORMATION**

- Eat apples with their skin on. Almost half of the Vitamin C in apples is just below the skin.
- Apples help to strengthen your bones.
- An apple a day strengthens lung function.

## **FUN WAYS TO EAT**

- Add apples to your favorite salad.
- Baked apples are delicious. With an adults help, place a cored apple in a baking dish and put a pat of butter into the center. Drizzle on a little maple syrup and bake in the oven at 375 for about 30 minutes.
- Add freshly grated apples to your pancake mix for a delicious apple pancake.