

FEBRUARY 2012

EDINA SCHOOLS SECONDARY MENU

MONDAY

Main Event Combo Meal
\$2.50
Premium Combo Meal - \$3.10
Reduced Meal \$.40
Adult Meal \$3.60 & \$4.25

Skim, 1% or Skim Chocolate Milk - \$.50

TUESDAY



WEDNESDAY

\$2.50 combo entrée: 1
Beef Hot Dog
\$3.10 combo entrée:
Tuscan Sub,
Garden Salad (V)
May Choose Two to Four:
Baked Beans, Peaches in Juice, Tossed Salad, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

THURSDAY

\$2.50 combo entrée: 2
Italian Dunker w/Meat sauce
\$3.10 combo entrée:
Tuscan Sub,
Garden Salad (V)
May Choose Two to Four:
Carrots, Pears in Juice, Caesar Salad, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

FRIDAY

\$2.50 combo entrée: 3
Fish Taco (V)
\$3.10 combo entrée:
Tuscan Sub,
Garden Salad (V)
May Choose Two to Four:
Red Beans & Rice, Pineapple in Juice, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

NUTRIENT ANALYSIS- AVERAGE: Calories:822 Vitamin A: 5702 IU Vitamin C: 65.5 Mg Total Fat. 24.6G
% OF TARGET Calories: 100% Vitamin A: 380% Vitamin C: 364% Total Fat 26.9% Cal

\$2.50 combo entrée: 6
Grilled Cheese (V)
Tuna Salad Sub (V),
Taco Salad
May Choose Two to Four:
Green Beans, Applesauce, Tossed Salad
Fresh Fruit & Veggies,
Fruit Juice, Bread Basket,
Carton of Milk

\$2.50 combo entrée: 7
Vegetable Egg Roll w/ red Beans and Rice (V),
Tuna Salad Sub (V),
Taco Salad
May Choose Two to Four:
Mixed Vegetables, Fruit Cocktail, Caesar Salad, Fresh Fruit & Veggies,
Fruit Juice, Bread Basket,
Carton of Milk

\$2.50 combo entrée: 8
Sloppy Joes
\$3.10 combo entrée:
Tuna Salad Sub (V),
Taco Salad
May Choose Two to Four:
Seasoned Carrots,
Applesauce, Tossed Salad,
Fresh Fruit & Veggies, Fruit Juice, Bread Basket, Asst. Carton of Milk

\$2.50 combo entrée: 9
Chicken Nuggets
\$3.10 combo entrée:
Tuna Salad Sub (V),
Taco Salad
May Choose Two to Four:
Sweet Potato Fries, Peaches in Juice, Caesar Salad,
Fresh Fruit, Fresh Veggies,
Fruit Juice, Bread Basket,
Carton of Milk

\$2.50 combo entrée: 10
Macaroni & Cheese (V)
\$3.10 combo entrée:
Tuna Salad Sub (V),
Taco Salad
May Choose Two to Four:
Broccoli,
Strawberries, Fresh Fruit,
Fresh Veggies,
Fruit Juice, Bread Basket,
Carton of Milk

NUTRIENT ANALYSIS- AVERAGE: Calories:816 Vitamin A:5945 IU Vitamin C: 74.3 Mg Total Fat.24.2G
% OF TARGET Calories: 99% Vitamin A: 396% Vitamin C: 413% Total Fat 26.6%

\$2.50 combo entrée: 13
Cheese Quesadilla (V)
\$3.10 combo entrée:
Tuscan Sub.
Popeye Salad (V)
May Choose Two to Four:
Red Beans & Brown Rice,
Peaches in Juice, Tossed Salad, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

\$2.50 combo entrée: 14
BBQ Beef
\$3.10 combo entrée:
Tuscan Sub.
Popeye Salad (V)
May Choose Two to Four:
Green Beans, Mandarin Oranges, Caesar Salad, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

\$2.50 combo entrée: 15
Lasagna w/ Meat sauce
\$3.10 combo entrée:
Tuscan Sub.
Popeye Salad (V)
May Choose Two to Four:
Brown Rice Pilaf, Pears in Juice, Tossed Salad, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

\$2.50 combo entrée: 16
Turkey w/ Gravy
\$3.10 combo entrée:
Tuscan Sub.
Popeye Salad (V)
May Choose Two to Four:
Mashed Potatoes, Pineapple in Juice, Caesar Salad, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

\$2.50 combo entrée: 17
Fish Fillet (V)
\$3.10 combo entrée:
Tuscan Sub.
Popeye Salad (V)
May Choose Two to Four:
Sweet Potato Fries, Tuscan Bean Salad, Cocktail Fruit, Fresh Fruit, Fresh Veggies, Fruit Juice, Bread Basket, Carton of Milk

NUTRIENT ANALYSIS- AVERAGE: Calories:829 Vitamin A: 8479 IU Vitamin C: 61.6Mg Total Fat.23.6 G
% OF TARGET Calories: 100% Vitamin A: 565% Vitamin C: 342% Total Fat 25.7%



\$2.50 combo entrée: 21
Beef Stew
\$3.10 combo entrée:
Egg Salad Sandwich (V),
Garden Salad (V)
May Choose Two to Four:
Mashed Potatoes, Fruit Cocktail, Tossed Salad
Fresh Fruit, Fresh Veggies,
Fruit Juice, Bread Basket,
Carton of Milk

\$2.50 combo entrée: 22
Spanish Omelet (V)
\$3.10 combo entrée:
Egg Salad Sandwich (V),
Garden Salad (V)
May Choose Two to Four:
Brown Rice Pilaf, Pear,
Tossed Salad, Fresh Fruit,
Fresh Veggies, Fruit Juice,
Bread Basket,
Carton of Milk

\$2.50 combo entrée: 23
French Toast Sticks &
Turkey Sausage
\$3.10 combo entrée:
Egg Salad Sandwich (V),
Garden Salad (V)
May Choose Two to Four:
Carrots, Pineapple, Caesar Salad, Fresh Fruit & Veggies
Fruit Juice, Bread Basket,
Carton of Milk

\$2.50 combo entrée: 24
Vegetable Paella (V)
\$3.10 combo entrée:
Egg Salad Sandwich (V),
Garden Salad (V)
May Choose Two to Four:
Squash, Applesauce, Fresh Fruit Fresh Veggies,
Fruit Juice, Bread Basket,
Carton of Milk

NUTRIENT ANALYSIS- AVERAGE: Calories:825 Vitamin A: 6141 IU Vitamin C: 65.9Mg Total Fat.24.4g
% OF TARGET Calories: 100 Vitamin A: 409 Vitamin C: 366 Total Fat 26.6 Cal

\$2.50 combo entrée: 27
Pasta Primavera
\$3.10 combo entrée:
Vegetable Wrap (V),
Chicken Caesar Salad
May Choose Two to Four:
Broccoli, Pears in Juice,
Tossed Salad, Fresh Fruit,
Fresh Veggies, Fruit Juice,
Bread Basket,
Carton of Milk

\$2.50 combo entrée: 28
Orange Chicken
\$3.10 combo entrée:
Vegetable Wrap (V),
Chicken Caesar Salad
May Choose Two to Four:
Brown Rice, Mandarin Oranges, Caesar Salad,
Fresh Fruit, Fresh Veggies,
Fruit Juice, Bread Basket,
Carton of Milk

\$2.50 combo entrée: 29
Philly Cheese Steak
Sandwich
\$3.10 combo entrée:
Vegetable Wrap (V),
Chicken Caesar Salad
May Choose Two to Four:
Green Beans, Pineapple
Tossed Salad, Fresh Fruit &
Veggies, Fruit Juice, Bread Basket, Carton of Milk

Additional Daily Entrée Options:

- Pasta Bar
- Fiesta Bar
- Hamburger or Cheeseburger
- Veggie Burger
- Chicken Patty Sandwich
- (V) =Vegetarian Items
- * = Pork Items

- **Gluten free products are available- Contact the food service at your school.**
- **All food offered contains no peanuts or tree nuts.**
- **Lactose reduced milk available upon request.**
- **Assorted Fresh Fruit and Vegetables are offered daily as side options.**