



Noble Network High School Lunch : September 2012

Full Student Lunch Includes Choice of Entrée (Protein w/ Grain Accompaniment(s), Fruit & Vegetable Side Dishes, and Choice of Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>NO CLASSES: Track R & E</p> <p>Labor Day</p>	<p>4</p> <p><u>Choose One</u> Chicken Fajitas w/ Green Peppers & Onions Cheese Quesadillas w/ Salsa</p> <p><u>Sides</u> Mexicali Corn Salad Bar Apple Diced Pears</p>	<p>5</p> <p><u>Choose One</u> Roast Beef w/ Dinner Roll Baked Pasta w/ Cheese</p> <p><u>Sides</u> Carrots Salad Bar Pear Fruit Cocktail</p>	<p>6</p> <p><u>Choose One</u> Blackened Baked Fish w/ Cilantro Brown Rice Hamburger on a Bun</p> <p><u>Sides</u> Mixed Vegetables Salad Bar Orange Diced Peaches</p>	<p>7</p> <p><u>Choose One</u> Baked Bone-In Chicken w/ Dinner Roll Spaghetti w/ Meat Sauce & Garlic Bread</p> <p><u>Sides</u> Broccoli Roasted Sweet Potatoes Salad Bar Bananas Grapes</p>
<p>10</p> <p><u>Choose One</u> Arroz con Pollo (Chicken & Rice) Philly Cheese Steak</p> <p><u>Sides</u> Green Beans Salad Bar Pear Pineapple Chunks</p>	<p>11</p> <p><u>Choose One</u> Swedish Meatballs w/ Rotini Noodles Chicago Style Beef Hot Dog</p> <p><u>Sides</u> Mixed Vegetables Salad Bar Sweet Potato Fries Apple Diced Pears</p>	<p>12</p> <p><u>Choose One</u> Tortilla Crusted Baked Fish w/ Seasoned Brown Rice Chicken Stir Fry</p> <p><u>Sides</u> Broccoli Salad Bar Orange Cinnamon Applesauce</p>	<p>13</p> <p><u>Choose One</u> Beef Tacos w/ Lettuce & Tomato Jerk Chicken Breast w/ Dinner Roll</p> <p><u>Sides</u> Corn Salad Bar Banana Diced Peaches</p>	<p>14</p> <p><u>Choose One</u> Cheese or Pepperoni Pizza Chicken & Spinach Pasta</p> <p><u>Sides</u> Carrots Salad Bar Pear Grapes</p>
<p>17</p> <p><u>Choose One</u> Spicy Macaroni and Cheese Beef Stir Fry w/ Brown Rice</p> <p><u>Sides</u> Green Beans Salad Bar Apple Diced Pears</p>	<p>18</p> <p><u>Choose One</u> Cajun Chicken Breast Sandwich Veggie Quesadilla</p> <p><u>Sides</u> Baked Beans Salad Bar Orange Pineapple Chunks</p>	<p>19</p> <p><u>Choose One</u> Lemon Pepper Baked Fish w/ Brown Rice Toasted Turkey & Cheese Sandwich</p> <p><u>Sides</u> Peas & Carrots Salad Bar Pear Diced Peaches</p>	<p>20</p> <p><u>Choose One</u> Chili Con Carne w/ Combread Black Bean Veggie Burger</p> <p><u>Sides</u> Corn Salad Bar Banana Applesauce</p>	<p>21</p> <p><u>Choose One</u> Cheese or Pepperoni Pizza Beef & Bean Burrito</p> <p><u>Sides</u> Seasoned Spinach Salad Bar Orange Grapes</p>
<p>24</p> <p><u>Choose One</u> Chicken Quesadilla w/ Salsa Italian Meatball Sub</p> <p><u>Sides</u> Broccoli Salad Bar Pear Pineapple Chunks</p>	<p>25</p> <p><u>Choose One</u> Penne Pasta w/ Spicy Chicken Meat Sauce Layered Beef & Bean Taco Bowl</p> <p><u>Sides</u> Corn Salad Bar Apple Diced Pears</p>	<p>26</p> <p><u>Choose One</u> Parmesan Crusted Baked Fish w/ Brown Rice Italian Beef Sub</p> <p><u>Sides</u> Mashed Sweet Potatoes Salad Bar Orange Diced Peaches</p>	<p>27</p> <p><u>Choose One</u> Chicken Alfredo w/ Rotini Pasta Toasted Cheese Sandwich</p> <p><u>Sides</u> Green Beans Salad Bar Banana Cinnamon Applesauce</p>	<p>28</p> <p><u>Choose One</u> Cheese or Pepperoni Pizza 3 Bean Chili w/ Combread</p> <p><u>Sides</u> Mixed Vegetables Salad Bar Pear Grapes</p>

This institution is an equal opportunity provider. Food Service Provided by Chartwells. Menu subject to change without notice.
Questions? Please contact Chartwells at (773) 722-4964.