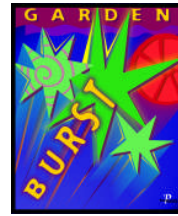





Spotswood High School Menu

November
2009



Monday 11/2	<p>Nachos Grande (seasoned beef over warm tortilla chips w/cheese)</p> <p>SOUP: Spicy Tortilla</p>	Italian Hot Dog w/Assorted Toppings	Turkey & Swiss on Rye	Beef Taco Salad Or Chicken BLT Salad	Stuffed Shells w/Marinara Sauce	Pepperoni Pizza
Tuesday 11/3	<p>Chicken w/Gravy over Egg Noodles</p> <p>SOUP: Bacon, Leek, Tomato & Potato</p>	Double Rib-B-Que Hero	Egg Salad Wrap w/Lettuce & Tomato	Caribbean Chicken Salad Or Chicken Cobb Salad	Assorted Pasta & Sauces	Home-Made Calzone
Wednesday 11/4	<p>Kielbasa w/Sauerkraut & Dinner Roll</p> <p>SOUP: Cream of Broccoli</p>	Buffalo Chicken Wrap	Italian Hero w/Salami, Ham & Cheese	Greek Salad w/Grilled Chicken Or Mandarin Chicken Salad	Farfalle w/Chicken & Peas in Cream Sauce	 Domino's Pizza
Thursday 11/5	<h2 style="margin: 0;">NJEА CONVENTION NO SCHOOL</h2>					
Friday 11/6						
		Chicken Patty on a Bun Cheese or Hamburger on a Bun Cheesesteak Hero Chicken Nuggets Rib-B-Que on a Bun Mozzarella Sticks (a la carte)	Fresh Assortment of Cold Cuts, Cheeses, Bread & Wraps Deli Sandwiches made to order Available Daily	Small Garden Large Garden Tuna, Egg, Chicken Salad on any Garden Salad upon request	Assorted Pastas and Sauces	

The Daily Spin, Solar Grill, Pasta Whirl and Pizza Zone Lunch Selections include 2 from your choice of hot vegetables, tossed salad, fresh fruit, fruit juice **and** milk choice

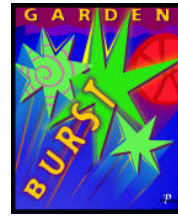
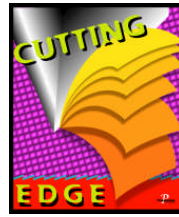
The Cutting Edge Deli Selections include 2 from your choice of lettuce & tomato, fresh fruit, fruit juice **and** milk choice




The Garden Burst Salad Selections include bread **and** milk choice

Also available daily: Assorted cold beverages, homemade soups, fresh and chilled fruit bowl, and bread basket

Spotswood High School Menu

November
2009



Monday 11/9	Fried Chicken w/Potato Salad & Bread SOUP: Italian Wedding	Sausage & Peppers Hero	Turkey & Swiss on Rye	Beef Taco Salad Or Chicken BLT Salad	Stuffed Shells w/Marinara Sauce	Pepperoni Pizza
Tuesday 11/10	Cuban Sandwich w/Pork, Ham & Swiss Cheese SOUP: Caldo Verde (Portuguese Green Soup)	Meatball Parm Hero	Egg Salad Wrap w/Lettuce & Tomato	Caribbean Chicken Salad Or Chicken Cobb Salad	Assorted Pasta & Sauces	Home-Made Calzone
Wednesday 11/11	VETERAN'S DAY – NO SCHOOL					
Thursday 11/12	Roast Turkey w/Gravy, Mashed Potatoes & a Dinner Roll SOUP: Beef Barley	Pork Roll, Egg & Cheese on a Bun	Ham & Swiss on Rye Bread	Caesar Chicken Salad Or Tomato Mozzarella Salad	Baked Ziti w/Meat Sauce	Hawaiian Pizza w/ Ham & Pineapple
Friday 11/13	Eggplant Rollatini w/Garlic Bread SOUP: Manhattan Clam	Grilled Cheese Sandwich w/Tomato	Tuna Hero w/Lettuce & Tomato	Tuna Salad Platter Or Egg Salad Platter	Cheese Ravioli w/Creamy Tomato Basil Sauce	 Domino's Pizza
		Chicken Patty on a Bun Cheese or Hamburger on a Bun Cheesesteak Hero Chicken Nuggets Rib-B-Que on a Bun Mozzarella Sticks (a la carte)	Fresh Assortment of Cold Cuts, Cheeses, Bread & Wraps Deli Sandwiches made to order Available Daily	Small Garden Large Garden Tuna, Egg, Chicken Salad on any Garden Salad upon request	Assorted Pastas and Sauces	

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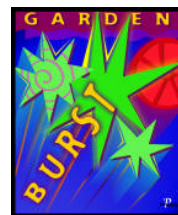
The Cutting Edge Deli Selections include 2 from your choice of lettuce & tomato, fresh fruit, fruit juice **and** milk choice

The Garden Burst Salad Selections include bread **and** milk choice

Also available daily: Assorted cold beverages, homemade soups, fresh and chilled fruit bowl, and bread basket

Spotswood High School Menu

November
2009



Monday 11/16	Macaroni & Cheese w/Dinner Roll SOUP: Cauliflower	Spicy Chicken Patty on a Bun	Turkey & Swiss on Rye	Beef Taco Salad Or Chicken BLT Salad	Penne Pasta w/Spicy Chicken & Peas	Bacon & Onion Pizza
Tuesday 11/17	BBQ Chicken w/Coleslaw & Bread SOUP: Cream of Mushroom	Pizza Burger on a Bun	Egg Salad Wrap w/Lettuce & Tomato	Caribbean Chicken Salad Or Chicken Cobb Salad	Cavatelli & Broccoli w/Italian Sausage	Home-Made Calzone
Wednesday 11/18	PARENT-TEACHER CONFERENCES HALF DAY - NO LUNCH					
Thursday 11/19						
Friday 11/20	Turkey á la King over Rice Pilaf SOUP: Split Pea	Beef Gyro w/Lettuce, Tomato & Ranch Dressing	Tuna Hero w/Lettuce & Tomato	Tuna Salad Platter Or Egg Salad Platter	Bowtie Pasta w/Pesto & Chicken	 Domino's Pizza
DAILY		Chicken Patty on a Bun Cheese or Hamburger on a Bun Cheesesteak Hero Chicken Nuggets Rib-B-Que on a Bun Mozzarella Sticks (a la carte)	Fresh Assortment of Cold Cuts, Cheeses, Bread & Wraps Deli Sandwiches made to order Available Daily	Small Garden Large Garden Tuna, Egg, Chicken Salad on any Garden Salad upon request	Assorted Pastas and Sauces	

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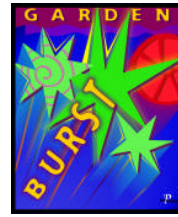
The Cutting Edge Deli Selections include 2 from your choice of lettuce & tomato, fresh fruit, fruit juice **and** milk choice


The Garden Burst Salad Selections include bread **and** milk choice

Also available daily: Assorted cold beverages, homemade soups, fresh and chilled fruit bowl, and bread basket

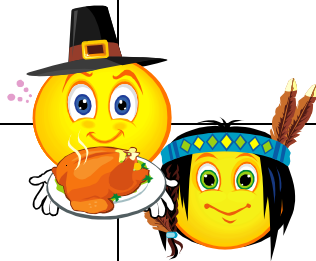
Spotswood High School Menu

November
2009



Monday 11/23	Roasted Garlic Chicken w/Gravy & Bread SOUP: Chicken Corn Chwd	Bacon Cheddar Burger on a Bun	Turkey & Swiss on Rye	Beef Taco Salad Or Chicken BLT Salad	Assorted Pastas & Sauces	Bacon & Onion Pizza
Tuesday 11/24	<i>Shepard's Pie</i> (beef & vegetables topped with whipped potatoes) SOUP: Matzo Ball	Chicken Twister w/Lettuce, Tomato & Ranch Dressing	Egg Salad Wrap w/Lettuce & Tomato	Caribbean Chicken Salad Or Chicken Cobb Salad	Meat & Cheese Lasagna	Home-Made Calzone
Wednesday 11/25	Turkey, Ham & Swiss Panini SOUP: Potato Ham	Rib-B-Que on a Bun	Italian Hero w/Salami, Ham & Cheese	Greek Salad w/Grilled Chicken Or Mandarin Chicken Salad	Penne Pasta w/Tomato, Chick Peas & Feta Cheese	 Domino's Pizza
Thursday 11/26	THANKSGIVING HOLIDAY					
Friday 11/27						
	DAILY	Chicken Patty on a Bun Cheese or Hamburger on a Bun Cheesesteak Hero Chicken Nuggets Rib-B-Que on a Bun Mozzarella Sticks (a la carte)	Fresh Assortment of Cold Cuts, Cheeses, Bread & Wraps Deli Sandwiches made to order Available Daily	Small Garden Large Garden Tuna, Egg, Chicken Salad on any Garden Salad upon request	Assorted Pastas and Sauces	

No School



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The Cutting Edge Deli Selections include 2 from your choice of lettuce & tomato, fresh fruit, fruit juice **and** milk choice

The Garden Burst Salad Selections include bread **and** milk choice

Also available daily: Assorted cold beverages, homemade soups, fresh and chilled fruit bowl, and bread basket