

AMERICANA GRILL

**1/4# BEEF BURGERS
BEEF SLIDERS
COOK'S CHICKEN CHOICE**

**SIDES:
OVEN POTATOES
LETTUCE, TOMATOES &
PICKLES,
GARDEN SALAD**

CIAO CUCINA

DAILY PIZZA SELECTION

M: MEATBALL HERO

T: BAKED RAVIOLI

W: CHICKEN & PEAS OVER PASTA

TH: STUFFED SHELLS

F: BEEF LASAGNA

SIDES:

TUSCAN BEAN SALAD, VEG OF THE DAY

ASSORTED ROLLS

ISLAND EXPRESS

**SOUP OF THE DAY AND
MADE TO ORDER SANDWICHES AND
WRAPS ON A VARIETY OF BREADS
AND ROLLS**

**CHOOSE 3 OZ OF ANY OF THE
FOLLOWING:**

**OVEN GOLD TURKEY, *BAKED HAM,
ROAST BEEF, *GENOA SALAMI,
CHICKEN OR TUNA SALAD**

**AMERICAN, PROVOLONE OR
MOZZARELLA CHEESE**

GRAB & GO SALAD BAR:

**PRE-MADE SALADS OF THE DAY
ASSORTED ROLLS AND BREADS**

*** CONTAINS PORK***

AROUND THE WORLD

**M: JAMAICAN BEEF PATTY &
SWEET POTATO WEDGES**

T: TACO TUESDAY

**W: GRILLED MOZZARELLA &
TOMATO SANDWICH**

TH: CHICKEN TIKA & MASALA RICE

F: FISH & CHIPS/SLAW

**SIDES: DAILY VEG, GARDEN
SALAD, BREADS**

BAY SHORE HIGH SCHOOL FEBRUARY 2010

ALL LUNCHESES INCLUDE FIVE (5) MEAL COMPONENTS TO MEET THE NUTRITIONAL NEEDS OF OUR STUDENTS. THE STUDENT MUST TAKE AT LEAST THREE (3) COMPONENTS TO COMPLETE A MEAL. THESE COMPONENTS ARE: MEAT/MEAT ALTERNATE, VEGETABLE, BREAD, FRUIT AND 8 OZ OF MILK (LOW-FAT OR SKIM.)

STUDENT LUNCH: \$2.00

ADULT LUNCH \$3.25 + TAX

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