



# ROSATI-KAIN HIGH SCHOOL



## MARCH 2019



|                   | MONDAY  | TUESDAY   | WEDNESDAY                            | THURSDAY                                | FRIDAY                                  |
|-------------------|---|---|--------------------------------------|---|---|
|                   |   |   |                                      |   | 1                                       |
| HOMESTYLE FRESH   |   |   |                                      |   | Chicken, Thigh on Skewer                |
| EXTRA EXTRA       |   |   |                                      |   | Stir Fry Vegetables                     |
| VEGETARIAN        |   |   |                                      |   | Pizza, Flat Bread Cheese                |
| DAILY SPECIAL     |   |   |                                      |   | Ravioli, Louisa Toasted Beef            |
| WRAP IT UP!       |   |   |                                      |   | Wrap, Chicken Caesar                    |
| OFF THE GRILL     |   |   |                                      |   | Chicken Breast, Fresh Grilled Spicy     |
| HOT OFF THE PRESS |   |   |                                      |   | Panini, Chicken Bacon Ranch             |
|                   | 4   | 5   | 6                                    | 7                                       | 8                                       |
| HOMESTYLE FRESH   | Chicken, General Tso's                        | Turkey Burger, Homemade                                 | Fish, Fried Cod                      | Chicken Parmesan, Hand Breaded          | No Meat Mostaccioli                     |
| EXTRA EXTRA       | Rice, White                                   | Potatoes, Sophie  | Pasta, Orzo with Parmesan            | Potatoes, Homemade Au Gratin            | Corn, Seasoned                          |
| VEGETARIAN        | Egg Roll, Vegetable                           | Vegetables, Cheesy                                      | Pizza, Flat Bread Cheese             | Salad, St. Louis Hill                   | Bread, Garlic Cheese                    |
| DAILY SPECIAL     | Crab Rangoon                                  | Corn Dogs, Mini Turkey                                  | Macaroni & Cheese Nuggets            | Chicken, Strips of Fire                 | Pizza, Tony's Cheese                    |
| WRAP IT UP!       | Wrap, Grilled Chicken                         | Wrap, Grilled Chicken Spinach                           | Wrap, Veggie Lover's                 | Wrap, BLT                               | Wrap, Popcorn Shrimp Salad              |
| OFF THE GRILL     | Burger, Fresh Mushroom & Swiss                | Sandwich, Turkey & Pepperjack Hoagie                    | Quesadilla, Pepper Jack Cheese       | Burger, Fresh                           | Quesadillas, Cheese                     |
| HOT OFF THE PRESS | Panini, Ham & Pesto                           | Panini, Chicken, Tomato, and Mozzarella                 | Panini, Tuna Melt                    | Panini, Grilled Chicken Supreme         | Sandwich, Grilled Cheese                |
|                   | 11  | 12  | 13                                   | 14                                      | 15                                      |
| HOMESTYLE FRESH   | George's Chicken Filet                        | Spaghetti & Meatballs                                   | NO CAFÉ<br><br>FACULTY MEETING       | Sandwich, Chicken Sliders               | Fish, Baked Lemon Pepper Tilapia        |
| EXTRA EXTRA       | Vegetable Medley                              | Potato, Baked   |                                      | Potatoes, Parmesan Red                  | Pasta, Home Style Macaroni & Cheese     |
| VEGETARIAN        | Pasta Con Broccoli                            | Pretzel, Bites  |                                      | Pizza, Flat Bread Cheese                | Fish, Shrimp Basket                     |
| DAILY SPECIAL     | Pork, Carolina Pulled                         | Chicken, Boneless Drumsticks                            |                                      | Sandwich, Meatball Sub                  | Ravioli, Louisa Breaded 4-Cheese        |
| WRAP IT UP!       | Wrap, Grilled Chicken                         | Wrap, California Club                                   |                                      | Wrap, Buffalo Chicken Ranch             | Wrap, Veggie Lover's                    |
| OFF THE GRILL     | Chicken Breast, Fresh Grilled Cheddar & Bacon | Sandwich, Turkey & Pepperjack Hoagie                    |                                      | Burger, Fresh                           | Sandwich, Grilled Cheese on Texas Toast |
| HOT OFF THE PRESS | Panini, Chicken Bacon Ranch                   | Panini, Grilled Chicken Supreme                         | Panini, BLT on Sourdough             | Panini, Chicken, Tomato, and Mozzarella |   |
|                   | 18  | 19  | 20                                   | 21                                      | 22                                      |
| HOMESTYLE FRESH   | Taco, Soft                                    | Chicken Strips, Hand Breaded                            | Chicken Alfredo                      | Chicken Fajitas                         | Fish, Tacos with Cabbage and Cilantro   |
| EXTRA EXTRA       | Potatoes, Tri-Tater                           | Potatoes, Seasoned Curly Fries                          | Potatoes, Oven Roasted Rosemary      | Corn, Fiesta                            | Broccoli, Steamed                       |
| VEGETARIAN        | Quiche, Spinach and Mushroom                  | Nachos, Walking   | Bread, Garlic Cheese                 | Pasta, Cheese Tortellini                | Bosco Breadstick                        |
| DAILY SPECIAL     | Chicken Rings                                 | PIZZA, PAPA JOHNS                                       | Pig-in-a-Blanket                     | Burritos, Mini                          | Burger, Garden                          |
| WRAP IT UP!       | Wrap, Grilled Chicken                         | Wrap, CBLT Chicken Bacon Lettuce Tomato (Chicken Patty) | Wrap, Buffalo Chicken Ranch          | Wrap, BLT                               | Wrap, Popcorn Shrimp Salad              |
| OFF THE GRILL     | Chicken Breast, Fresh Grilled Cheddar & Bacon | Chicken Breast, Fresh Grilled Cheddar & Bacon           | Sandwich, Turkey & Pepperjack Hoagie | Burger, Fresh                           | Sandwich, Grilled Cheese                |
| HOT OFF THE PRESS | Panini, Chicken Bacon Ranch                   | Panini, Philly Roast Beef on Garlic Toast               | Panini, BLT on Sourdough             | Panini, Chicken Bacon Ranch             | Panini, Tuna Melt                       |
|                   | 25  | 26  | 27                                   | 28                                      | 29                                      |
| HOMESTYLE FRESH   |   |   |                                      |   |   |
| EXTRA EXTRA       |   |   |                                      |   |   |
| VEGETARIAN        |   |   |                                      |   |   |
| DAILY SPECIAL     |   |   |                                      |   |   |
| WRAP IT UP!       |   |   |                                      |   |   |
| OFF THE GRILL     |   |   |                                      |   |   |
| HOT OFF THE PRESS |   |   |                                      |   |   |
|                   |   |   |                                      |   |   |
| DAILY GRAB-N-GO   | Salad Bar                                     | Gourmet Salads  | Bagels & Cream Cheese                | Fresh Vegetables                        | Assorted Snacks                         |
|                   | Specialty Salad                               | Cold Sandwiches   | Bosco Stick                          | Assorted Dips                           | Assorted Beverages                      |
|                   |   |   | Yogurt Bar                           | Fresh Fruit/Seasonal                    |   |



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