

# September 2009

## Daily Specials at the Deli

### Monday:

*Italian Sub  
Mediterranean Pita*

### Tuesday:

*Chicken Salad Wrap  
Veggie Sub Sandwich*

### Wednesday:

*Egg Salad  
Hummus Wrap*

### Thursday:

*Turkey and Cheese Sub  
Black Bean and Corn Salsa Pita*

### Friday:

*Ham Bagel Sandwich  
Eggplant & Goat Cheese Sandwich*

## All Meal Combo's only 4.25

### • Hot Entrée Meal Combo

*Your choice of entrée  
with 2 sides, fruit and a  
drink*

### • Deli Meal combo

*Deli Sandwich, side,  
fruit and a drink*

### • Salad Bar Combo

*Large salad, side, and a  
drink*

### • Grab and Go Combo #1

*Chicken Caesar Salad  
and a drink*

### • Grab and Go Combo #2

*Yogurt Parfait, side,  
and a drink*

### • Grab and Go Combo #3

*Sandwich or wrap, side  
and a drink*

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
7  <i>Labor Day— no school</i>	8 <i>Meat or Veggie Lasagna Breadsticks Italian Veggie Blend Vegetable and Orzo Soup Cheesecake</i>	9 <i>Pepperoni or Cheese Pizza Celery &amp; Carrot Sticks Zucchini Saute Thick &amp; Zesty Turkey Chili Chocolate Chip Cookies</i>	10 <i>Chicken Strips Nachos Macaroni &amp; Cheese Peas and Carrots Chicken Noodle Soup Blondies</i>	11 <i>Hamburger or Veggie Burger Steak Fries Baked Beans Loaded Baked Potato Soup Apple Cobbler</i>
14 <i>Ham and Cheese Melt Texas Style Grilled Cheese Applesauce Broccoli Florettes Tomato Soup Cup Cakes</i>	15 <i>General Tso's Chicken Vegetarian Egg Rolls Jasmine Rice Lo Mein With Veggies Chicken Orzo Soup Choc. Chip Cheesecake</i>	16 <i>Corn Dog Peanut Butter &amp; Jelly French Toast Home Fried Potatoes Escalloped Apples Broccoli Cheddar Soup Sugar Cookie</i>	17 <i>Hard or Soft Taco Bean &amp; Cheese Burrito Mexican Corn Risotto Corn Bread Chicken Tortilla Soup Brownies</i>	18 <i>Chicken or Eggplant Parmesan Pasta &amp; Marinara Sauce Italian Veggie Blend New England Clam Chowder Peach Cobbler</i>
21 <i>Open-faced Hot Turkey Sandwich Portobello &amp; Cheese Philly Sandwich Mashed Potatoes Steamed Corn Italian Wedding Soup Lemon Bar</i>	22 <i>Meatball Hoagie Pierogies Celery &amp; Carrot Sticks Fried Cabbage Vegetable and Orzo Soup Cheesecake</i>	23 <i>Grilled Chicken Breast on Whole Wheat Bun General Tso Tofu Macaroni Salad Peas &amp; Carrots Thick &amp; Zesty Turkey Chili Chocolate Chip Cookies</i>	24 <i>Hot Dog on a Bun Texas Grilled Cheese Steak Fries Roasted Vegetables Chicken Noodle Soup Blondies</i>	25 <i>Fish Sticks Macaroni &amp; Cheese Hush Puppies Broccoli Florettes Loaded Baked Potato Soup Apple Cobbler</i>
28 <i>Broccoli Alfredo Pasta Spaghetti w/ Meat Sauce Bread Sticks Italian Blend Vegetables Tomato Soup Cup Cakes</i>	29 <i>Chicken or Veggie Stir Fry Sticky Rice Fortune Cookies Chicken Orzo Soup Choc. Chip Cheesecake</i>	30 <i>Salisbury Steak Fish Sandwich Mashed Potatoes Glazed Carrots Broccoli Cheddar Soup Sugar Cookie</i>	<b>Super choices for sides everyday!</b>  <i>Hot side of the day, soup, side salad, fruit, veggie sticks, small salad bar  Dessert sold separately.</i>	