

# East Catholic January Featured Menu

*Proudly Presented by Navin Bros. Food Service*

Date	Healthy Choice	Wraps/Salads	Hot Line	From The Grill
Tue 1/3	Cobb Salad	Chef Salad	General Tso's Chicken/Rice	Italian Panini w/ Fries
Wed 1/4	Veggie Pizza	BLT Chicken Salad	Pulled Pork Sliders w/ Fries	Turkey Panini w/ Fries
Thurs 1/5	Chicken Noodle Soup w/ ½ Sandwich	Tuna Salad	Chicken & Fries	Ham & Cheese Panini
Fri 1/6	Spicy Veggie Quesadilla	Cranberry Chicken Salad	BBQ Beef on Roll w/ Fries	Chipotle Chicken Panini

In addition to the published featured menu, the following offerings are available on a daily basis:

- Manager's Choice of Additional Hot Entrees, Sandwiches, and Other Prepared Foods
- Assorted Cold Salads, Wraps, & Sandwiches
- Low Fat Yogurt Parfaits with Fresh Fruit and Granola
- Fresh Sliced Fruit Cups as well as Whole Fruit
- Fresh Vegetables with Dipping Sauce
- Fresh Baked Goods

Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness.  
If you have a food allergy, please speak to the Cafeteria Manager.



# East Catholic January Featured Menu

*Proudly Presented by Navin Bros. Food Service*

Date	Healthy Choice	Wraps/Salads	Hot Line	From The Grill
Mon 1/9	Garden Salad	Pastrami & Cheese Wrap	Pasta/Marinara Sauce/Garlic Bread	Apple/Bacon/Cheddar Panini
Tue 1/10	Veggie Burger w/ Sweet Potato Fries	Chicken Caesar Salad	Cheeseburger w/ Fries or Rings	Crispy BBQ Chicken Panini
Wed 1/11	Spinach/Strawberry/Chicken Salad	Turkey/Bacon/Cheddar Wrap	Chicken & Fries	Spicy Italian Panini
Thurs 1/12	Cheese Quesadilla	Crunchy Apple Chicken Salad	Meatball Grinder w/ Fries	Spicy Chili w/ Fries
Fri 1/13	Clam Chowder w/ ½ Grilled Cheese	Mary's Choice	Mac & Cheese w/ Bacon	American Combo Panini

In addition to the published featured menu, the following offerings are available on a daily basis:

- Manager's Choice of Additional Hot Entrees, Sandwiches, and Other Prepared Foods
- Assorted Cold Salads, Wraps, & Sandwiches
- Low Fat Yogurt Parfaits with Fresh Fruit and Granola
- Fresh Sliced Fruit Cups as well as Whole Fruit
- Fresh Vegetables with Dipping Sauce
- Fresh Baked Goods

Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness.  
If you have a food allergy, please speak to the Cafeteria Manager.



# East Catholic January Featured Menu

*Proudly Presented by Navin Bros. Food Service*

Date	Healthy Choice	Wraps/Salads	Hot Line	From The Grill
Mon 1/16	<b>Martin Luther King Day</b> No School	<b>Martin Luther King Day</b> No School	<b>Martin Luther King Day</b> No School	<b>Martin Luther King Day</b> No School
Tue 1/17	Egg Salad	Spicy Sweet Chili Chicken Wrap	Orange Chicken w/ Rice	Spicy Turkey Panini
Wed 1/18	Spicy Chicken Ranch Salad	BLT Chicken Salad	Manicotti w/ Sauce /Garlic Bread	Pastrami & Cheese Panini
Thurs 1/19	Mid Terms	Mid Terms	Mid Terms	Mid Terms
Fri 1/20	Mid Terms	Mid Terms	Mid Terms	Mid Terms

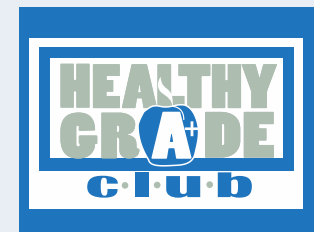
In addition to the published featured menu, the following offerings are available on a daily basis:

- Manager's Choice of Additional Hot Entrees, Sandwiches, and Other Prepared Foods
- Assorted Cold Salads, Wraps, & Sandwiches
- Low Fat Yogurt Parfaits with Fresh Fruit and Granola
- Fresh Sliced Fruit Cups as well as Whole Fruit
- Fresh Vegetables with Dipping Sauce
- Fresh Baked Goods

Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness.

If you have a food allergy, please speak to the Cafeteria Manager.

Menu Subject to Change



# East Catholic January Featured Menu

*Proudly Presented by Navin Bros. Food Service*

Date	Healthy Choice	Wraps/Salads	Hot Line	From The Grill
Mon 1/23	Mid Terms	Mid Terms	Mid Terms	Mid Terms
Tue 1/24	Mid Terms	Mid Terms	Mid Terms	Mid Terms
Wed 1/25	Crab Cake Sandwich/Fries	Spicy Turkey/Bacon Wrap	Turkey Wrap w/ Fries	Eggplant Panini
Thurs 1/26	Seafood Salad	Mary's Choice	Bosco Sticks w/ Sauce	Bacon & Cheese Panini
Fri 1/27	Mandarin Chicken Salad	Ham & Cheese Wrap	Chicken & Fries	Grilled Cheese & Tomato Panini

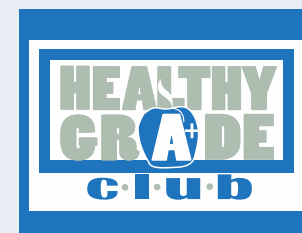
In addition to the published featured menu, the following offerings are available on a daily basis:

- Manager's Choice of Additional Hot Entrees, Sandwiches, and Other Prepared Foods
- Assorted Cold Salads, Wraps, & Sandwiches
- Low Fat Yogurt Parfaits with Fresh Fruit and Granola
- Fresh Sliced Fruit Cups as well as Whole Fruit
- Fresh Vegetables with Dipping Sauce
- Fresh Baked Goods

Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness.

If you have a food allergy, please speak to the Cafeteria Manager.

Menu Subject to Change.



# East Catholic January Featured Menu

*Proudly Presented by Navin Bros. Food Service*

Date	Healthy Choice	Wraps/Salads	Hot Line	From The Grill
Mon 1/30	Veggie Burger w/ Sweet Potato Fries	Buffalo Chicken Wrap	Chicken Quesadilla w/ Fries	American Combo Panini
Tue 1/31	Spicy Veggie Quesadilla	Spicy Sweet Chili Chicken Wrap	Meatball Grinder w/ Fries	Sriracha Ham & Cheddar Panini

In addition to the published featured menu, the following offerings are available on a daily basis:

- Manager's Choice of Additional Hot Entrees, Sandwiches, and Other Prepared Foods
- Assorted Cold Salads, Wraps, & Sandwiches
- Low Fat Yogurt Parfaits with Fresh Fruit and Granola
- Fresh Sliced Fruit Cups as well as Whole Fruit
- Fresh Vegetables with Dipping Sauce
- Fresh Baked Goods

Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness. If you have a food allergy, please speak to the Cafeteria Manager.

