

**LUNCH PRICES**

STUDENT PAID \$1.75  
 STUDENT REDUCED \$0.40  
 ADULT \$2.75



**CENTRAL FULTON  
 SECONDARY LUNCH MENU  
 MAY/JUNE 2010**



**OFFERED DAILY**

**UP FOR GRABS**

A Selection of Salads and Deli Sandwiches

**SALAD BAR**

Mixed Greens with Variety of Toppings and Dressings

**J CLARK'S GRILL**

**may include:**

Hot Dog, Burgers, Chicken Patty Sandwich, Chicken Breast Sandwich, Chicken Nuggets, Chicken Fritters, Popcorn Chicken

PLEASE CHOOSE AT LEAST 3 OF THE 5 ITEMS FOR THE SCHOOL LUNCH PRICE: ENTRÉE, CHOICE OF TWO FRUITS AND/OR VEGETABLES, CHOICE OF MILK, AND BREAD

Fruit Choice May Include :  
 Fresh Fruit, Canned Fruit, Fruited Gelatin, Fruit Cobbler, and Fruit Juice

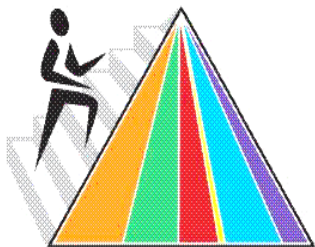
Vegetable Choices May Include :  
 Hot Vegetables, Tossed Salad, Potato Salad, Cole Slaw, Carrot Sticks, Celery Sticks, Oven Fries & Tater Tots

Bread Basket with choice of white or whole-wheat rolls is available daily!

**MENU SUBJECT TO CHANGE!**

**ADAM CARLSON  
 DIRECTOR, DINING SERVICES  
 717 485 3195 EXT 7040**

**MyPyramid.gov  
 Steps to a healthier you!**



Monday	Tuesday	Wednesday	Thursday	Friday
3 Signature Entrees Chicken Nuggets with a Roll J Clark's Grille Meatball Hoagie Featured Fruit & Veggie Oven Fries Pear Slices	4 Signature Entrees Tuna Salad Sandwich J Clark's Grille Cheese-steak Hoagie Featured Fruit & Veggie Cole Slaw Applesauce	5 <b>CINCO DE MAYO!!!</b> Signature Entrees Nachos Grande J Clark's Grille Chicken Quesadillas Featured Fruit & Veggie Golden Corn Fruit Cocktail	6 Signature Entrees Chicken Caesar Salad w/ Roll J Clark's Grille Ham & Cheese Deli Hoagie Featured Fruit & Veggie Cucumber Slices Mixed Fruit	7 Signature Entrees Fish Sandwich J Clark's Grille Egg Ham & Cheese Sandwich Featured Fruit & Veggie Cheesy Broccoli Diced Pears
10 Signature Entrees Popcorn Chicken with a Roll J Clark's Grille Cheese-steak Hoagie Featured Fruit & Veggie Tater Tots Mandarin Orange Pieces	11 Signature Entrees Hot Sausage Sandwich J Clark's Grille Egg Salad Sandwich Featured Fruit & Veggie Baked Potato Banana	12 "Cook out Day" Signature Entrees Cheeseburger on a Bun -Or- Hot Dog on a Bun Featured Fruit & Veggie Baked Beans Fresh Apple	13 Signature Entrees Pittsburg Steak Salad J Clark's Grille Hot Italian Hoagie Featured Fruit & Veggie Oven Fries Fruit Cocktail	14 Signature Entrees Pulled BBQ Pork Sandwich J Clark's Grille Chicken Patty Sandwich Featured Fruit & Veggie Salad with Dressing Fresh Orange
17 Signature Entrees Chicken Nuggets with a Roll J Clark's Grille Grilled Chicken Sandwich Featured Fruit & Veggie Oven Fries Pear Slices	18 Signature Entrees Nachos Grande J Clark's Grille Chicken Quesadillas Featured Fruit & Veggie Golden Corn Applesauce	19 Signature Entrees Ham & Cheese Stromboli Or Pepperoni & Cheese Stromboli Featured Fruit & Veggie Mixed Veggies Fruit Cocktail	20 Signature Entrees Chicken Caesar Salad J Clark's Grille Hot Ham & Cheese Pretzel Featured Fruit & Veggie Glazed Carrots Banana Parfait	21 Signature Entrees Fish Sandwich J Clark's Grille Cheese-steak Hoagie Featured Fruit & Veggie Cheesy Broccoli Fresh Orange
24 Signature Entrees Popcorn Chicken with a Roll J Clark's Grille Cheeseburger on a Bun Featured Fruit & Veggie Tater Tots Fresh Apple	25 Signature Entrees Turkey Deli Hoagie J Clark's Grille Hot Dog on a Bun Featured Fruit & Veggie Baked Beans Pear Slices	26 Signature Entrees Chicken & Mashed Potato Spartan Bowl Featured Fruit & Veggie Golden Corn Fresh Orange	27 Signature Entrees Pittsburgh Steak Salad J Clark's Grille Hot Italian Hoagie Featured Fruit & Veggie Oven Fries Peach Slices	28 Signature Entrees Grilled Chicken Sandwich J Clark's Grille Pulled BBQ Pork Sandwich Featured Fruit & Veggie Salad with Dressing Strawberry Slices
31 MEMORIAL DAY  SCHOOLS CLOSED	JUNE 1 Signature Entrees Chef's Choice J Clarke's Grill Chicken Quesadillas Featured Fruit & Veggie Glazed Carrots Diced Pears	JUNE 2 LAST DAY OF SCHOOL  EARLY DISMISSAL  NO LUNCH		

**NUTRITIONAL DEFINITION OF THE MONTH:**  
 Vegan: People who consume absolutely no animal products whatsoever.

The Metz & Associates Team Wishes  
 Good Luck to all the Spring Sports Teams!!!

**WOK N ROLL**

Asian Bar May 12-18

**BORDERTOWN**

Taco Bar May 3-4  
 May 26-June 1

**VILLA TOSCANO**

Pasta Bar May 5-11

**BREAKFAST FOR LUNCH**

Breakfast Bar May 19-25

**PIZZA EXPRESS**

**MONDAY**

**CHEESY**

**TUESDAY**

**PEPPERONI**

**WEDNESDAY**

**BUFFALO CHICKEN**

**THURSDAY**

**CHEESESTEAK**

**FRIDAY**

**CHEF'S CHOICE**



# This Month, Commissioner Nutrition Investigates Healthy Taco Salads

## FUN & HEALTHY INGREDIENTS

- For a healthier version of a taco salad, replace ground beef with ground turkey. You can even use shredded or diced chicken breast as a twist on a traditional taco salad.
- Add diced tomatoes for a boost of lycopene, vitamin C, and vitamin A.
- Be sure to add black beans or kidney beans to your taco salad. Legumes are typically low in fat, contain no cholesterol, and are high in folate, potassium, iron and magnesium. They also contain beneficial fats and soluble and insoluble fiber.
- Legumes are a good source of protein, and can be a healthy substitute for meat.
- For a vegetarian version of a taco salad add legumes and soy beef crumbles.
- Add Romaine, green leaf or red leaf lettuce to your taco salad. As a general rule, the darker green the leaves, the more nutritious the salad green.
- Don't forget to add up sliced or diced red peppers to your taco salad. Besides adding great color, and taste, red peppers are a great sources of vitamins A and C, along with lycopene.
- Add low-fat or reduced-fat cheese in your favorite flavor for a healthy dairy component.
- Avocado slices are a great way to add additional nutrition. This delicious fruit also packs a nutrient punch, by contributing nearly 20 vitamins, minerals and phytonutrients to one's diet. Avocados, due to their mono and polyunsaturated fat content, are a great substitution for foods rich in saturated fat.