

Benton Harbor Area Schools  
High School and MLK Menu  
February 2-6 2009



Station/ Available Daily	Daily Specials				
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Origins</b>	BBQ Riblet on a Bun Sweet Peas 	Wing Dings W/ Mac & Cheese Carrot Coins	Foot-long Hot Dog on a Bun Green Beans 	Chicken & Cheese Quesadilla Fiesta Rice Mexican Corn 	Open Faced Turkey Sandwich Mixed Vegetables 
<b>Trattoria</b> Fresh Homemade Cheese Pizza* Pepperoni Pizza Garden Salad	Pepperoni & Sausage	Hawaiian Pizza	Ham & Cheese Stromboli	Pepperoni Bread	Vegetable Pizza 
<b>Sandwich Central</b> Made-To-Order Deli Sandwiches with a Variety of Meats, Cheeses, and Toppings	Build Your Own Sandwich <b>Daily Special:</b> Turkey & Cheese On a Kaiser Roll*	<b>Salad Bar</b> Build your own Salad	Build Your Own Sandwich <b>Daily Special:</b> Turkey & Cheese On a Kaiser Roll*	<b>Salad Bar</b> Build your own Salad	Build Your Own Sandwich <b>Daily Special:</b> Ham & Cheese Sub*
<b>Fresh Grille</b> Hamburger* Cheeseburger Chicken Patty Sandwich* French Fries	Fish Sandwich	Bacon Cheeseburger	Foot-long Hot Dog On a Bun	Spicy Chicken Sandwich	Chicken Ranchero Wrap* 
<b>Casa Amigos</b> Daily South-of-the-Border Theme Bar	Nacho Bar Walking Taco Refried Beans, Rice, Lettuce, Tomato, salsa	Nacho Bar Walking Taco Refried Beans, Rice, Lettuce, Tomato, salsa	Nacho Bar Walking Taco Refried Beans, Rice, Lettuce, Tomato, Salsa	Nacho Bar Walking Taco Refried Beans, Rice, Lettuce, Tomato, Salsa	Nacho Bar Walking Taco Refried Beans, Rice, Lettuce, Tomato, Salsa
<b>Side Dishes</b>	Diced Peaches Banana Pasta Salad	Sliced Pears Apple* Collard Greens	Applesauce Fresh Fruit* Pasta Salad	Fruit Cocktail Orange* Broccoli with Cheese	Pineapples Apple* Cole Slaw
<b>OUTTAKES</b> Specialty Salads with Chef Salad Daily	 Chef Salad	Cobb Salad	 Chicken Caesar Salad	Cobb Salad	 Chef Salad
<b>Accompaniments</b>	Choice of 1% Milk* Assorted Fresh Fruit & Canned Fruit Selection of the Day (*Balanced Choices )				

Lunch Includes: Entrée Choice, Vegetable or Salad, Fresh or Chilled Fruit & Milk  
Student Lunch Price: \$1.75- Student Reduced Lunch Price: \$.40 - Adult Lunch Price: \$2.85  
Ala Carte Milk Price: \$0.50



Questions?? Call the Food Service Office @ 269-605-2820  
Shelley Mazigian, Chartwells Director of Dining Services: shellemazigian@bhas.org  
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Menu subject to change without notice



Benton Harbor Area Schools  
High School and MLK Menu  
February 9-13 2009



Station/ Available Daily	Daily Specials				
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Origins</b>	Spicy Chicken on a Bun Broccoli w/ cheese	<b>Menutainment</b> Breakfast For Lunch	Salisbury Steak W/Mashed Potato Sweet Peas Peaches	 Meatball Sandwich On a Sub Bun Golden Corn	 Baked Chicken Nuggets Tator Tots
<b>Trattoria</b> Fresh Homemade Cheese Pizza* Pepperoni Pizza Garden Salad	 Broccoli Pizza*	 Barbecued Chicken Pizza*	Ham & Cheese Stromboli	 Bruschetta Pizza*	Meat Lovers Stromboli
<b>Sandwich Central</b> Made-To-Order Deli Sandwiches with a Variety of Meats, Cheeses, and Toppings	Build Your Own Sandwich  <b>Daily Special:</b> Chicken Salad Wrap 	<b>Salad Bar</b>	Build Your Own Sandwich  <b>Daily Special:</b> Turkey & Cheese On A Kaiser Roll 	<b>Salad Bar</b>	Build Your Own Sandwich  <b>Daily Special:</b> Ham & Cheese Sub
<b>Fresh Grille</b> Hamburger* Cheeseburger Chicken Sandwich* French Fries	Pizza Burger	Mini Corn Dogs	Bacon Cheeseburger	Spicy Chicken Wrap	 Turkey Hot Dog
<b>Casa Amigos</b> Daily South-of- the-Border Theme Bar	Nacho Bar Refried Beans, Rice, Lettuce, Tomato, Salsa	Nacho Bar Refried Beans, Rice, Lettuce, Tomato, Salsa	Nacho Bar Refried Beans, Rice, Lettuce, Tomato, Salsa	Nacho Bar Refried Beans, Rice, Lettuce, Tomato, Salsa	Nacho Bar Refried Beans, Rice, Lettuce, Tomato, Salsa
<b>Side Dishes</b>	Sliced Peaches* Orange* Pasta Salad	Applesauce Petite Banana* Tossed Salad with Light Dressing*	Sliced Pears Apple* Cole Slaw	Fruit Cocktail* Orange* Tossed Salad with Light Dressing*	Mandarin Oranges Apple* Green Beans
<b>OUTTAKES</b> Specialty Salads with Chef Salad Daily	 Cobb Salad w/Turkey, Cheese*	Spicy Chicken Tortilla Salad	 Cobb Salad w/Turkey, Cheese*	Spicy Chicken Tortilla Salad	 Cobb Salad w/Turkey, Cheese*
<b>Accompaniments</b>	Choice of 1% Milk*      Assorted Fresh Fruit & Canned Fruit Selection of the Day      (*Balanced Choices)				

Lunch Includes: Entrée Choice, Vegetable or Salad, Fresh or Chilled Fruit & Milk

Student Lunch Price: \$1.75 - Student Reduced Lunch Price: \$.40 - Adult Lunch

Price: \$2.85

Ala Carte Milk Price: \$0.50

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Benton Harbor Area Schools  
High School and MLK Menu  
February 16-20 2009



Station/ Available Daily	Daily Specials				
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Origins</b>	No School President's Day	 Oven Roasted BBQ Chicken W/ Mashed Potatoes	Twin Hard Shell Tacos With Salsa and Sour Cream	 Whole Wheat Mini Corn Dog Broccoli w/ cheese	 Spaghetti w/ Meat Sauce Garlic Bread Tossed Salad
<b>Trattoria</b> Fresh Homemade Cheese Pizza* Pepperoni Pizza Garden Salad		 Aloha Pizza*	Tiger Rip & Dip With Marinara Sauce	Pepperoni & Cheese Stromboli	 Chicken Brushetta Pizza
<b>Sandwich Central</b> Made-To-Order Deli Sandwiches with a Variety of Meats, Cheeses, and Toppings		<b>Salad Bar</b>  <b>Build your own salad</b>	Build Your Own Sandwich  <b>Daily Special: Club Sandwich</b>	<b>Salad Bar</b>  <b>Build your own Salad</b>	Build Your Own Sandwich  <b>Daily Special: Turkey &amp; Cheese On A Sub Bun*</b> 
<b>Fresh Grille</b> Hamburger* Cheeseburger Chicken Patty Sandwich* French Fries		 Chicken Parmesan On A Bun*	Bacon Cheeseburger	 Buffalo Chicken Wrap*	 BBQ Rib Sandwich*
<b>Casa Amigos</b> Daily South-of- the-Border Theme Bar		Nacho Bar Refried Beans, Rice, Lettuce, Tomato, Salsa	Nacho Bar Refried Beans, Rice, Lettuce, Tomato, Salsa	Nacho Bar Refried Beans, Rice, Lettuce, Tomato, Salsa	Nacho Bar Refried Beans, Rice, Lettuce, Tomato, Salsa
<b>Side Dishes</b>		Mandarin Oranges Fresh Fruit* Seasoned Carrots	Fruit Cocktail Peanut Butter Bar Fresh Fruit* Green Beans	Fresh Fruit* Peas & Carrots* Broccoli w/ Cheese	Pineapple Tidbits Fresh Fruit* Green Peas
<b>OUTTAKES</b> Specialty Salads with Chef Salad Daily		 Chicken Caesar Salad*	 Cobb Salad w/Turkey, Cheese*	 Chicken Caesar Salad*	 Cobb Salad w/Turkey, Cheese*
<b>Accompaniments</b>	Choice of 1% Milk*	Assorted Fresh Fruit & Canned Fruit Selection of the Day			(*Balanced Choices)

Lunch Includes: Entrée Choice, Vegetable or Salad, Fresh or Chilled Fruit & Milk  
Student Lunch Price: \$1.75 - Student Reduced Lunch Price: \$.40 - Adult Lunch  
Price: \$2.85

Ala Carte Milk Price: \$0.50

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Benton Harbor Area Schools  
High School and MLK Menu  
February 23-27 2009



Station/ Available Daily	Daily Specials				
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Origins</b>	 Chicken Wrap Red Beans and Rice	Meatloaf with Au gratin Potatoes  Golden Corn	Chili Dog on a Bun Tator Tots	 Baked Macaroni Cheese Collard Greens Corn Bread	 Sloppy Joes Scoop Sweet Green Peas
<b>Trattoria</b> Fresh Homemade Cheese Pizza* Pepperoni Pizza Garden Salad	Sausage and Pepperoni Pizza	 Barbequed Chicken Pizza*	Ham & Cheese Stromboli	 Bruschetta Pizza*	Tiger Rip & Dip With Marinara Sauce
<b>Sandwich Central</b> Made-To-Order Deli Sandwiches with a Variety of Meats, Cheeses, and Toppings	Build Your Own Sandwich <b>Daily Special:</b> Chicken Salad Wrap*	<b>Salad Bar</b>	Build Your Own Sandwich <b>Daily Special:</b> Chicken Salad Wrap*	<b>Salad Bar</b>	Build Your Own Sandwich <b>Daily Special:</b> Turkey & Cheese On A Kaiser Roll*
<b>Fresh Grille</b> Hamburger* Cheeseburger Chicken Patty Sandwich* French Fries	 Chicken Wrap	 Double Cheeseburger	2 for 1 Hot Dog	Spicy Chicken Sandwich	Hot Ham & Cheese
<b>Casa Amigos</b> Daily South-of- the-Border Theme Bar	Nacho Bar Refried Beans, Rice, Lettuce, Tomato, Salsa	Nacho Bar Refried Beans, Rice, Lettuce, Tomato, Salsa	Nacho Bar Refried Beans, Rice, Lettuce, Tomato, Salsa	Nacho Bar Refried Beans, Rice, Lettuce, Tomato, Salsa	Nacho Bar Refried Beans, Rice, Lettuce, Tomato, Salsa
<b>Side Dishes</b>	Mandarin Oranges Fresh Fruit* Mixed Vegetables	Chilled Pears* Fresh Fruit* Tossed Salad with Light Dressing*	Applesauce Fresh Fruit* Carrot Coins	Peach Cobbler* Fresh Fruit* Green Beans	Pineapple Tidbits Fresh Fruit* Tossed Salad with Light Dressing*
<b>OUTTAKES</b> Specialty Salads with Chef Salad Daily	Chef Salad	 Cobb Salad With Turkey & Cheese	Fried Chicken Salad	 Cobb Salad With Turkey & Cheese*	Chef Salad
<b>Accompaniments</b>	Choice of 1 % Milk* Assorted Fresh Fruit & Canned Fruit Selection of the Day (*Balanced Choices)				

Lunch Includes: Entrée Choice, Vegetable or Salad, Fresh or Chilled Fruit & Milk

Student Lunch Price: \$1.75 - Student Reduced Lunch Price: \$.40 - Adult Lunch

Price: \$2.85

Ala Carte Milk Price: \$0.50

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