



**Staples High School: JANUARY 2019**

Monday	Tuesday-1	Wednesday-2	Thursday-3	Friday-4
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**BREAKFAST**

CLOSED FOR HOLIDAY BREAK	Bacon Egg and Cheese Breakfast Wrap	Breakfast Pizza	Breakfast Panini
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**CREATE**

Greek Gyro Choose from Falafel or Marinated Chicken	Baked Ziti with Garlic Bread	Chicken Tenders Cajun Curly Fries
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**CREATE YOUR OWN INTERNATIONAL PLATTER-BY THE OUNCE**

**Build Your Own Mexican/Latin Bar**  
Build Your Own Tacos, Nachos or Taco Salad

**GRILL**

Build Your Own Hot Dog Bar	Chicken Parm Grinder	Buffalo Wing Bar
<b>Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily</b>		

**2MATO** Cheese Pizza served every day!

BBQ Chicken Pizza	Vegetarian Pizza	Bosco Sticks
<b>Cheese and Pepperoni Pizza Daily</b>		

**PANINI**

Grilled Chicken and Bacon Chipotle Wrap	Classic Cuban Panini	American Panini
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**ON THE GO SALADS & SANDWICHES**

**Daily Options Prepared Fresh!**

**SO DELI**

**Made to Order Sandwiches with Your Choice of Boar's Head Meats, Cheeses, Toppings & Bread**

**NEED HELP OR HAVE QUESTIONS?**

Deborah Vancoughnett  
Director of Dining Services  
(203) 341-2431

Benjamin Leahey  
Assistant Director of Dining Services  
(203) 341-1304

Bill Tomlinson  
District Chef  
(203) 341-2491

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions

Vegetarian



**Staples High School: JANUARY 2019**

Monday-7	Tuesday-8	Wednesday-9	Thursday-10	Friday-11
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**BREAKFAST**

Breakfast Burrito	Build Your Own Omelet	Bacon Egg and Cheese Breakfast Wrap	Breakfast Pizza	Breakfast Panini
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**CREATE**

Hand Rolled Sushi	Philly Steak and Cheese	Sizzling Chicken Fajita Bar	Caribbean Jerk Chicken	Korean Chicken Tacos
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**CREATE YOUR OWN INTERNATIONAL PLATTER-BY THE OUNCE**

**Build Your Own Asian Noodle Bar**  
 Choose from Soba Noodles or Lo Mein Noodles, add your favorite sauce and protein and enjoy!

**GRILL'D**

Buffalo Crispy Chicken Wrap	Build Your Own Burger Bar	Meatball Parm Grinder	Pork Tostados	Buffalo Wing Bar with Fries
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**PIZZA** Cheese Pizza served every day!

Pizza with "The Works"	Garlic Chicken Pizza	Chicken Parmesan Pizza	Bacon Pizza	Meatball Pizza
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**PANINI**

Buffalo Chicken Panini	Black Forest Ham Panini	Monte Cristo Sandwich	Chicken Cordon Bleu Panini	Pastrami Reuben Panini
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**Daily Specials Prepared Fresh!**

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**Staples High School: JANUARY 2019**

Monday-14	Tuesday-15	Wednesday-16	Thursday-17	Friday-18
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**BREAKFAST**


Breakfast Burrito	 Build Your Own Omelet	Bacon Egg and Cheese Wrap	Breakfast Pizza	Breakfast Panini
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**CREATE**

Chicken and Cheese Quesadilla

**CREATE YOUR OWN INTERNATIONAL PLATTER-BY THE OUNCE**

**Build Your Own Italian Feast**


 Choose from a variety of sauces and pastas! Buon Appetito!

**GRILL**

Spicy Chicken Caesar Wrap	Build Your Own Burger Bar	Costa Rican Tacos	Crispy BBQ Chicken Burrito	Buffalo Wing Bar
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**Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily**

**PIZZA**  Cheese Pizza served every day!


 Margherita Pizza	 Three Cheese Pizza	BBQ Chicken Pizza	Sausage Pizza	 Personal French Bread Pizza
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**Cheese and Pepperoni Pizza Daily**


**PANINI**

Chicken Cheddar Ranch Wrap	Southwest Turkey Flatbread	Spicy Italian Panini	Deluxe Grilled Cheese with Bacon	Roasted Turkey Bagel Sandwich
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**Staples High School: JANUARY 2019**

Monday-21	Tuesday-22	Wednesday-23	Thursday-24	Friday-25
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**BREAKFAST**

Closed in Observance of Martin Luther King	Build Your Own Omelet	Bacon Egg and Cheese Wrap	Breakfast Pizza	Breakfast Panini
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**CREATE**

Closed in Observance of Martin Luther King	General Tso Chicken	Baked Macaroni and Cheese Bar	Chicken And Waffles	Asian Noodle Bowl w/Broth
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**CREATE YOUR OWN INTERNATIONAL PLATTER-BY THE OUNCE**

Yamato Sushi Grab & Go	<b>WRECKERS CHILI BAR...MADE FRESH RIGHT HERE!</b> Beef Chili served with French Fries, Cheese Sauce and Assorted Toppings
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**GRILL'D**

Build Your Own Burger Bar	Buffalo Ranch Chicken Quesadilla	Chipotle Pulled Pork Wrap	Applewood Smoked Salmon
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**Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily**

**2MATO** Cheese Pizza served every day!

Sloppy Joe Pizza	Chicken Parmesan Pizza	Veggie Pizza	Cheese Stuffed Breadsticks
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**PANINI**

Cilantro Lime Chicken Panini	Chicken Bacon Chipotle Sandwich	Tomato Mozzarella Panini	Turkey Reuben with Cole Slaw
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**Staples High School: JANUARY 2019**

Monday-28	Tuesday-29	Wednesday-30	Thursday-31	Friday
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**BREAKFAST**

Breakfast Burrito 	Build Your Own Omelete Bar	Bacon Egg and Cheese Breakfast Wrap	Breakfast Pizza	
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**CREATE**

Hand Rolled Sushi 	Build Your Own Pasta Bar 	Greek Gyro Choose from Falafel or Marinated Chicken 	Baked Ziti with Garlic Bread 	
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**CREATE YOUR OWN INTERNATIONAL PLATTER-BY THE OUNCE**

**Build Your Own Mexican/Latin Bar**  
Build Your Own Tacos, Nachos or Taco Salad 

**GRILL**

Buffalo Chicken Wrap	Build Your Own Burger Bar	Build Your Own Hot Dog Bar	Chicken Parm Grinder
<b>Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily</b>			

**2MATO** Cheese Pizza served every day!

Margherita Pizza 	Steak and Cheese Pizza	BBQ Chicken Pizza	Vegetarian Pizza 
<b>Cheese and Pepperoni Pizza Daily</b>			

**PANINI**

Chicken Tex-Mex Flatbread	Caprese Panini w/Fresh Mozzarella & Tomato	Grilled Chicken and Bacon Chipotle Wrap	Classic Cuban Panini
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