

Complete Student Lunch \$2.50

Reduced Price Lunch \$ .25

Complete lunch includes:

1 Entree, 2 Sides & Milk OR

1 Salad Entree, 1 Side & Milk

Choice of Sides may include: Tossed Salad, Veggie Sticks, Salad Platters, Hot Vegetable Du Jour, Potato Fries, Vegetable Soups, Fresh Fruit Salad, Fresh Fruit, Ambrosia, Fruited Jell-O, Fruited Yogurt Whip, Banana Bread Pudding, Fruited Pudding or Low Fat Cake or Fruit Crisps

# ISLIP HIGH SCHOOL BUC'S BISTRO FOOD COURT

## 2009-2010

### HOT/COLD BREAKFAST

Available at 'World Class'

7:00-8:00 a.m.

Student Cost \$ 1.25

(\$ .25 reduced price)



### MONDAY

Daily Menu may include any of the following:

Double Stuffed Crust Pizza  
House Pizza, Stuffed Shells  
Breaded Mozzarella Sticks,  
Ziti OR Chicken Cutlet Parm.  
Chicken Caesar Salad  
Philly Cheese Steak  
Specialty Sliders

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Crispy Chicken on Bun  
Grilled Burger on Bun  
Grilled Cheeseburger on Bun  
Spicy Chicken on Bun With or Without Cheese

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Taco/Nacho Bar  
Burritos, Quesadillas  
Fajitas, Homemade Rice Dishes  
Mexican Specialties

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### TUESDAY

Daily Menu may include any of the following:

Personal QR Wedge Pizza  
Broccoli Cheese Pinwheels  
Eggplant OR Sausage & Pep Hero  
Pepperoni & Cheese Pinwheels  
Chicken Caesar Salad  
Philly Cheese Steak

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Crispy Chicken on Bun  
Grilled Burger on Bun  
Grilled Cheeseburger on Bun  
Spicy Chicken on Bun With or Without Cheese

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#### Create Your Own Salad Bar

Tuna/Chicken CranApple/Egg Salads  
Greek/Chickpea/Black Bean & Corn,  
Mozzarella Tomato Basil Salad  
Cottage Cheese & Fruit, Pasta Salad  
Assorted Breads, Wraps & Tortilla Bowls

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### WEDNESDAY

Daily Menu may include any of the following:

French Bread OR House Pizza  
Calzone, Stuffed Shells  
OR Spaghetti & Meatballs  
Chicken Caesar Salad  
Philly Cheese Steak  
Specialty Sliders

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Buccaneer Whopper  
Crispy Chicken on Bun  
Grilled Burger on Bun  
Grilled Cheeseburger on Bun  
Spicy Chicken on Bun With or Without Cheese

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Or Baked Apple BBQ Chicken With Biscuit  
Pasta Bar- Weekly Offerings  
Eggplant OR Lasagna,  
Stuffed Peppers OR Meatloaf

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### THURSDAY

Daily Menu may include any of the following:

Specialty OR Stuffed Crust Pizza  
Breaded Mozzarella Sticks  
Lasagna, Ziti OR Meatball Hero  
Chicken Caesar Salad  
Philly Cheese Steak

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Grilled Chicken on Bun  
Crispy Chicken on Bun  
Grilled Burger on Bun  
Grilled Cheeseburger on Bun  
Spicy Chicken on Bun With or Without Cheese

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Plain Chicken OR Buffalo Chicken Tenders  
Sweet & Sour Chicken, BBQ Chicken,  
Grilled Veggies & Cheese Wrap

#### Thursday Special

Sweet Potato Fries

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### FRIDAY

Daily Menu may include any of the following:

Ziti, Cheesy Bread  
Personal QR House Pizza  
Philly Cheese Steak  
Chicken Caesar Salad,  
Philly Cheese Steak  
Specialty Sliders

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Crispy Chicken on Bun  
Grilled Burger on Bun  
Grilled Cheeseburger on Bun  
Spicy Chicken on Bun With or Without Cheese

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Chicken Veggie Stir Fry  
Beef Veggie Stir Fry,  
Asian Specialties  
Chicken Broccoli Cheddar A gratin  
Vegetable Bean Medley, Seasoned Rice  
Swedish Meatballs with Noodles

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#### Made-To-Order Heroes/Wraps are available Daily

Choose any 3 oz. combination of the following:  
Maple Baked Turkey and/or Ham, Roast Beef, Grilled Chicken, Salami,  
OR, American, Mozzarella/Pepper Jack Cheeses  
Romaine Lettuce, Tomato,



Daily Specials of Boar's Head Now Available for an Additional Charge

#### Two Soup Selections are available Daily

French Onion, 3 Cheese Broccoli, Tomato Basil, Minestrone, Chicken Florentine,  
New England Clam Chowder, Wild Rice Chicken, Vegetable Cheese Tortellini,  
Seafood Bisque, Mac & Cheese Black Bean, Other Homemade Specialty Soups



★ ★ ★ ★ ★  
**ALL BUNS  
ARE WHOLE  
GRAIN**  
★ ★ ★ ★ ★

GRAB-N-GO

#### ONE OR MORE OF THE FOLLOWING PRE-PREPARED SANWICHES OR SALADS ARE SERVED DAILY:

- GRILLED CHICKEN CAESAR WRAP
- CHICKEN CAESAR SALAD W/ BKD. BREAD STICK
- GRILLED VEG & CHEESE ON SUN DRIED TOMATO WRAP
- SPINACH FETA/CHEDDAR SALAD WITH CRANBERRY VINAIGRETTE DRESSING
- PASTA VEGGIE CHEESE SALAD

Look for Daily Specials



À LA CARTE DESSERT SPECIALS: FRUIT YOGURT PARFAITS, FRUIT SMOOTHIES, GELATOS, HOMEMADE LOW FAT CAKES, PIES, CRISPS, PREMIUM ICE CREAM

FLAVORED COFFEES, TEAS AND HOT CHOCOLATE AT 'WORLD CLASS'



A variety of culinary creations are lovingly prepared by our talented staff. Watch for our Daily Specials.



Carol Ann Grodski, M.S., R.D.  
Food Service Director