



Staples High School: DECEMBER 2018

Monday-3	Tuesday-4	Wednesday-5	Thursday-6	Friday-7
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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	Build Your Own Pasta Bar	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

Buffalo Chicken Wrap	Build Your Own Burger Bar	Build Your Own Hot Dog Bar	Chicken Parm Grinder	Buffalo Wing Bar
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Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily

2MATO Cheese Pizza served every day!

Margherita Pizza	Steak and Cheese Pizza	BBQ Chicken Pizza	Vegetarian Pizza	Bosco Sticks
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Cheese and Pepperoni Pizza Daily

PANINI

Chicken Tex-Mex Flatbread	Caprese Panini w/Fresh Mozzarella & Tomato	Grilled Chicken with Sundried Tomato Pesto	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: DECEMBER 2018

Monday-10	Tuesday-11	Wednesday-12	Thursday-13	Friday-14
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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	Chicken and Waffle
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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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ON THE GO SALADS & SANDWICHES

Daily Specials Prepared Fresh!

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

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Staples High School: DECEMBER 2018

Monday-17	Tuesday-18	Wednesday-19	Thursday-20	Friday-21
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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

Hand Rolled Sushi	BBQ Riblet Sandwich	Chicken and Cheese Quesadilla	Classic Sloppy Joe with Tater Tots	Nacho Bar Beef or Pork
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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 Ciabatta 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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ON THE GO SALADS & SANDWICHES

Daily Specials Prepared Fresh!

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