



## Staples High School: May 2019

Monday	Tuesday	Wednesday-1	Thursday-2	Friday-3
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### BREAKFAST

Bacon Egg and Cheese Breakfast Wrap	Homemade Oat Pancakes	Breakfast Panini
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### CREATE

Pasta Bar	Caribbean Jerk Chicken	CINCO DE MAYO NACHO BAR BEEF or PORK
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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

ENJOY!

### GRILL'D

Buffalo Wing Bar	Meatball Parm Grinder	Fish and Chips
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### PIZZA

Cheese Pizza served every day!

Chicken Parmesan Pizza	Bacon Pizza	Meatball Pizza
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### 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**

#### 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: MAY 2019**

Monday-6	Tuesday-7	Wednesday-8	Thursday-9	Friday-10
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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	Chicken & Waffles
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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	Fish And Chips
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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	French Bread Pizza
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**Cheese and Pepperoni Pizza Daily**

**PANINI**

Italian Ham & Salami Ciabatta	Southwest Turkey Flatbread	Spicy Italian Panini	Apple Cheddar Panini	Roast Turkey and Bagel
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**Staples High School: MAY 2019**

Monday-13	Tuesday-14	Wednesday-15	Thursday-16	Friday-17
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**BREAKFAST**

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

Build Your Own Pasta Bar	General Tso Chicken	Baked Macaroni and Cheese Bar or Marinated Chicken	Fajita Bar	Asian Noodle Bowl w/Broth Chicken Salad
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**CREATE YOUR OWN INTERNATIONAL PLATTER-BY THE OUNCE**

**WRECKERS CHILI BAR... MADE FRESH RIGHT HERE!**

Beef Chili served with French Fries, Cheese Sauce and Assorted Toppings

**GRILL**

Spicy Crispy Chicken Wrap	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!

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

Pastrami & Cheddar on Rye	Cilantro Lime Chicken Panini & Tomato	Chicken Bacon Chipotle Sandwich Tomato Pesto	Tomato Mozzarella Panini	Turkey Reuben with Cole Slaw
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Monday-20	Tuesday-21	Wednesday-22	Thursday-23	Friday-24
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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	Build Your Own Southwest Chicken Salad
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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	Crispy Fish Tacos
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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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**Staples High School: MAY 2019**

Monday-27	Tuesday-28	Wednesday-29	Thursday-30	Friday-31
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**BREAKFAST**

CLOSED FOR MEMORIAL DAY	Build Your Own Omelet	Bacon Egg and Cheese Breakfast Wrap	Homemade Oat Pancakes	Breakfast Panini
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**CREATE**

CLOSED FOR MEMORIAL DAY	Philly Cheese Steak Bar	Caribbean Jerk Chicken	Pasta Bar	Chicken and Waffles
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**Build Your Own Asian Noodle Bar**

Choose from Soba Noodles or Lo Mein Noodles, add your favorite Sauce and Protein

ENJOY!

**GRILL'D**

CLOSED FOR MEMORIAL DAY	Build Your Own Burger Bar	Buffalo Wing Bar	Meatball Parm Grinder	Fish and Chips
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**2MATO**

CLOSED FOR MEMORIAL DAY	Garlic Chicken Pizza	Chicken Parmesan Pizza	Bacon Pizza	Meatball Pizza
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**PANINI**

CLOSED FOR MEMORIAL DAY	Black Forest Ham Panini	Monte Cristo Sandwich	Chicken Cordon Bleu Panini	Pastrami Reuben Panini
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