



## Staples High School: August-September

Monday	Tuesday-27	Wednesday-28	Thursday-29	Friday-30
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### BREAKFAST

Build Your Own Omelet	Bacon Egg and Cheese Breakfast Wrap	Homemade Oat Pancakes	Breakfast Panini
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### CREATE

Hand rolled Sushi	Caribbean Jerk Chicken	Build Your Own Pasta Bar	Pork or Beef Nacho Bar
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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

Build Your Own Burger Bar	Buffalo Wing Bar	Meatball Parm Grinder	Taco Burrito Bar
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### PIZZA

Cheese Pizza served every day!

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

#### 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



Discovery Kitchen



## Staples High School: September

Monday-2	Tuesday-3	Wednesday-4	Thursday-5	Friday-6
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### BREAKFAST

Labor Day No School		Build Your Own Omelet	Bacon Egg and Cheese Wrap		Breakfast Pizza		Breakfast Panini
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### CREATE

Labor Day No School		Hand Rolled Sushi	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

Labor Day No School	Build Your Own Burger Bar	Costa Rican Tacos	Crispy BBQ Chicken Burrito	Fish and Chips
<b>Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily</b>				

### PIZZA Cheese Pizza served every day!

Labor Day No School		Three Cheese Pizza	BBQ Chicken Pizza	Sausage Pizza		French Bread Pizza
<b>Cheese and Pepperoni Pizza Daily</b>						

### PANINI

		Southwest Flatbread		Spicy Italian Panini		Apple Cheddar Panini	Roast Turkey and Bagel
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### ON THE GO SALADS & SANDWICHES

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### SO DELI

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## Staples High School: September

Monday-9	Tuesday-10	Wednesday-11	Thursday-12	Friday-13
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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

Hand Rolled Sushi	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

**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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### 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**

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## Staples High School: September

Monday-16	Tuesday-17	Wednesday-18	Thursday-19	Friday-20
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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

Chicken Tika Masala 	Build Your Own Pasta Bar	Greek Gyro Choose from Falafel or Marinated Chicken	Baked Ziti with Garlic Bread	Build Your Own Chicken Caesar 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 <b>Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily</b>	Build Your Own Hot Dog Bar	Chicken Parm Grinder	Baja Fish Tacos with Avocado Cream and slaw
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### 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	Chicken and Bacon Chipotle Wrap	Classic Cuban Panini	American Panini
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## Staples High School: September

Monday-23	Tuesday-24	Wednesday-25	Thursday-26	Friday-27
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### BREAKFAST

Breakfast Burrito	Build Your Own Omelet	Bacon Egg and Cheese Breakfast Wrap	Homemade Oat Pancakes	Breakfast Panini
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### CREATE

Hand Rolled Sushi	Philly Cheese Steak Bar	Build Your Own Pasta Bar	Caribbean Jerk Chicken	Chicken and Waffles
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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

Spicy Chicken Wrap	Build Your Own Burger Bar	Buffalo Wing Bar	Meatball Parm Grinder	Taco Burrito Bar
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### 2MATO

The "Works" Pizza	Garlic Chicken Pizza	Chicken Parmesan Pizza	Bacon Pizza	Meatball Pizza
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### PANINI

Grilled Buffalo Chicken Panini	Black Forest Ham Panini	Monte Cristo Sandwich	Chicken Cordon Bleu Panini	Pastrami Reuben Panini
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