

# MORRIS CATHOLIC HIGH SCHOOL

## January 2010

[www.dowlingfood.com](http://www.dowlingfood.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		****NEW**** Check the new Display Board for the day's soup and salad specials. ****NEW****		January 1 <b>A HAPPY NEW YEAR</b> NO SCHOOL
January 4 Pepperoni Pizza  Baked Ziti w/garlic bread & side salad Chicken Patty on Bun With potato salad OR fries	January 5 Pepperoni Pizza  Pizza Sticks OR Chicken Fries with Macaroni salad OR fries	January 6 Pepperoni Pizza  Chicken Quesadilla OR BBQ Chicken Tenders with Rice OR fries	January 7 Pepperoni Pizza Breakfast for Lunch French Toast Sticks w/Bacon OR Breakfast Sandwich with Hash Browns	January 8 Big Daddy Pizza Cheese or Pepperoni  Macaroni & Cheese with side salad & roll
January 11 Deluxe Pizza Spaghetti & meatballs w/garlic bread OR Meatball Sub w/side salad OR fries	January 12 Deluxe Pizza  Hot Dogs & Baked beans OR Chicken Nuggets with side salad OR coleslaw	January 13 Deluxe Pizza  Hot Taco Salad OR Bacon Cheeseburger w/fries OR coleslaw	January 14 Deluxe Pizza Sweet & Sour Chicken OR Popcorn chicken w/rice OR side salad	January 15 Big Daddy Pizza Cheese or Pepperoni  Mozzarella Sticks with Macaroni salad OR fries
January 18  NO LUNCH	January 19  NO LUNCH	January 20  NO LUNCH	January 21  NO LUNCH	January 22  NO LUNCH
January 25 Buffalo Chicken Pizza Lasagna with garlic bread & side salad OR Pizza Sticks w/side salad OR fries	January 26 Buffalo Chicken Pizza Cheese Steak Sub OR Turkey Bacon Wrap w/Side salad OR fries	January 27 Buffalo Chicken Pizza Chicken Enchiladas OR Chicken Tenders w/side salad OR fries	January 28 Buffalo Chicken Pizza Buffalo Chicken Wrap OR Chicken Patty on Bun w/Macaroni salad OR fries	January 29 Big Daddy Pizza Cheese or Pepperoni  Grilled Cheese sandwich w/potato salad OR fries



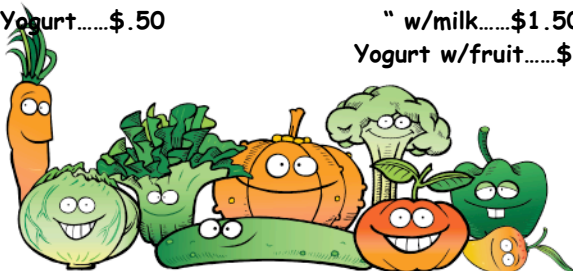
### PRICES

Hot Combo Meal.....\$3.25  
Deli Combo Meal.....\$3.25  
Entrée Only.....\$2.75  
Deli Sandwich.....2.75  
Side Salad.....\$1.50  
Yogurt.....\$.50

Salad of Day.....\$3.25  
Hot Dogs.....\$1.50  
Burgers.....\$2.75  
Breakfast Sand.....\$2.75  
Cereal.....\$1.00  
" w/milk.....\$1.50  
Yogurt w/fruit.....\$1.50

PB&J Sandwich.....\$1.75  
French Fries.....\$1.50  
Pizza (Indiv or slice)..\$2.00  
" w/topping.....#2.25  
Oatmeal Package.....\$.75  
Roma Wrap.....\$2.75  
Fruit Yogurt Parfait...\$2.75

Hot Combo Meal includes choice of 1 daily special, side salad or fries, small water or milk  
Deli Combo Meal includes choice of deli sandwich, fries or side salad, small water or milk



**DOWLING  
FOOD SERVICE  
MANAGEMENT, INC.**



### DELI BAR INCLUDES:

Roast Beef      Ham      Salami      Turkey      Swiss Cheese      American Cheese  
Provolone Cheese      Tuna Salad      Egg Salad      White Bread      Whole Wheat Bread  
Kaiser Roll      Hoagie Roll      Plain Wrap      Whole Wheat Wrap      Rye Bread