

# MOORESTOWN FRIENDS SCHOOL

## DINING HALL A LA CARTE PRICE LIST 2016-2017

### HOT ENTREES

PRICE: 4.00

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Average Serving Size: 4 – 6 oz.

Baked Chicken

Beef, Macaroni & Cheese

Buffalo Chicken w/ Cheddar Wrap

Baked Tilapia

Burrito (Beef or Bean)

Cheese steak (Chicken & Beef)

Chicken & Broccoli w/ Noodles

Chicken Cordon Bleu

Chicken Marsala

Chicken Parmesan

Chicken Romano

Chicken Tenders

Chicken Teriyaki

Crab Cake (3 oz.)/ Fish cakes

Jambalaya

Lasagna (Meat/Cheese/Vegetable)

Macaroni & Cheese

Meatball Sandwich

Meatloaf

Panzarotti

Pizza (1 Lg. Slice)- \$ 2.25/ \$ 3.00 Specialty

Pulled Pork

Quiche (variety)

Roasted Turkey

Rueben (Turkey or Corned Beef) on Rye

Sausage & Peppers w/ Rice

Sliced Roast Beef w/ Gravy

Sloppy Joe

Spaghetti & Meatballs

Spanish Garlic Shrimp

Stuffed Shells

Tuna Melt

Spanish Rice & Beans- \$ 4.50

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**VEGETARIAN DISHES**

**PRICE: 3.75**

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Average Serving Size 4 – 6 oz.

Autumnal Wild Rice Pilaf

Cheddar Cheese, Rice & Broccoli Bake

Cheese & Spinach Fettuccini

Creamy Pasta Verde

Creamy Salsa Bean & Rice Bake

Eggplant Parmesan

Meatless Chili

Pasta Primavera

Roasted Vegetables & Pasta

Stuffed Peppers

Stuffed Tomatoes

Vegetable Casserole

Vegetable Couscous

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<b><i>HOT GRAB-N-GO STATION</i></b>	<b><i>PRICE</i></b>
<i>Average Serving Size 4 – 6 oz.</i>	
<i>Bacon Cheeseburger</i>	<i>3.75</i>
<i>Bacon Ranch Chicken Sandwich</i>	<i>3.75</i>
<i>Baked Potato w/ Fixings</i>	<i>2.50</i>
<i>BBQ Chicken with Cheese</i>	<i>3.75</i>
<i>BBQ Pork Sandwich</i>	<i>3.75</i>
<i>Cheeseburger</i>	<i>3.50</i>
<i>Egg, Meat &amp; Cheese Wrap</i>	<i>3.75</i>
<i>Grilled Bacon, Tomato &amp; Cheese Sandwich</i>	<i>3.50</i>
<i>Grilled Bologna &amp; Cheese</i>	<i>3.25</i>
<i>Grilled Cheese</i>	<i>3.00</i>
<i>Honey Dijon Chicken &amp; Cheese</i>	<i>3.75</i>
<i>Hot Dog</i>	<i>1.75</i>
<i>Hot Ham &amp; Cheese</i>	<i>3.75</i>
<i>Hot Sausage Sandwich</i>	<i>3.75</i>
<i>Pizza Bagel Sandwich</i>	<i>3.75</i>
<i>Pork Roll &amp; Cheese on a Fat Roll</i>	<i>3.50</i>
<i>Sausage &amp; Peppers &amp; Onions</i>	<i>3.75</i>
<i>Texas Tommie</i>	<i>2.75</i>
<i>Roasted Turkey, Bacon &amp; Cheese</i>	<i>3.75</i>
<i>Vegan Burger</i>	<i>3.50</i>

<b><i>DELI STATION</i></b>	<b><i>PRICE</i></b>
<i>Average Serving Size 4 – 5 oz.</i>	
<i>Sandwiches Made To Order</i>	<i>Half: 3.00    Whole: 5.00</i>
<i>Meats &amp; Cheeses:</i>	
	<i>Turkey; Baked Ham; Homecooked Roast Beef; Genoa Salami; Cappicola; Bologna; Pepperoni; Hard Salami; American Cheese; Swiss; Provolone</i>
<i>Salads:</i>	<i>Chicken; Tuna; Egg</i>
<i>Bread Choices:</i>	<i>Large Kaiser Rolls; Baguettes; Rye; White; Wheat; Wraps, Ciabatta Multigrain Rolls; Asiago Cheese Bread, many, many more</i>
<i>Condiments:</i>	<i>Lettuce; Tomato; Onion; Hot &amp; Sweet Peppers; Spear Pickles</i>
<i>Seasonings:</i>	<i>Salt, Pepper; Oregano; Oil; Vinegar; Mayonnaise; Horseradish Sauce; Yellow Mustard; Dijon Mustard; Spicy Brown Mustard</i>

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<b>COLD GRAB-N-GO STATION</b>	<b>PRICE: 3.50</b>
<i>Ready-Made Sandwiches</i>	
<i>Average Serving Size 4-6 oz.</i>	

<i>Ham &amp; Cheese on White or Wheat</i>	
<i>Turkey &amp; Cheese on White or Wheat</i>	
<i>Bologna &amp; Cheese on White or Wheat</i>	
<i>Roast Beef on White or Wheat</i>	
<i>Cheese on White or Wheat</i>	
<i>Peanut Butter &amp; Jelly on White and Wheat</i>	1.50

<b>DAILY GOURMET DELI SPECIAL</b>	<b>PRICE: 5.50</b>
<i>Average Serving Size 5 – 8 oz.</i>	

- Amy's Endless Summer Sandwich*
- Chicken Caesar Wrap*
- Chipotle Turkey Wrap*
- Corned Beef Special*
- Cranberry Turkey Bagel Sandwich*
- Cucumber & Tomato*
- French Classic Baguette*
- Guacamole Beef Wrap*
- Las Vegas Cobb Sandwich*
- Mediterranean Baguette*
- Philadelphia Veggie Wrap*
- Spicy New Orleans Pita*
- Summer Sandwich*
- Turkey Harvest Sandwich*
- Uptown Blues Wrap*
- Zesty Turkey Wrap*

<b>SIDE DISHES</b>	<b>PRICE</b>
<i>Average Serving Size 4 – 6 oz.</i>	

<i>Vegetables (variety)</i>	1.00
<i>Starches (Potatoes/Pasta)</i>	1.25
<i>Sweet Potato Fries</i>	1.25
<i>Garlic Bread</i>	.35
<i>Potato Salad, Cole Slaw, Macaroni Salad</i>	1.00

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<b>SOUPS</b>	<b>PRICE</b>	
<i>Variety</i>	<i>Cup (8 oz.): 2.00</i>	<i>Bowl (16 oz.): 4.00</i>
<u><i>Bean, Tomato &amp; Butternut Squash Soup</i></u>		
<u><i>Cauliflower Cheese Soup</i></u>		
<u><i>Carrot Tapioca Soup</i></u>		
<u><i>Cheddar Broccoli Soup</i></u>		
<u><i>Cheddar Chicken Chowder</i></u>		
<u><i>Chicken Chowder</i></u>		
<u><i>Chicken &amp; Mushroom Soup</i></u>		
<u><i>Chicken Noodle Soup</i></u>		
<u><i>Chicken Tortilla Soup</i></u>		
<u><i>Country Lentil</i></u>		
<u><i>Cream of Broccoli Soup</i></u>		
<u><i>Chicken &amp; Pasta Soup</i></u>		
<u><i>Tomato &amp; Rice Soup</i></u>		
<u><i>French Onion Soup</i></u>		
<u><i>Granny's Beef &amp; Vegetables Soup</i></u>		
<u><i>Hearty Beef Noodle Soup</i></u>		
<u><i>Irish Vegetable Soup</i></u>		
<u><i>Manhattan Clam Chowder</i></u>		
<u><i>Mimi's Mexican Chicken Soup</i></u>		
<u><i>Minestrone Soup</i></u>		
<u><i>Moroccan Vegetable Soup</i></u>		
<u><i>Mulligatawny Soup</i></u>		
<u><i>New England Clam Chowder</i></u>		
<u><i>Pasta Fagiola</i></u>		
<u><i>Potato Leek Soup</i></u>		
<u><i>Sausage Barley Soup</i></u>		
<u><i>Spicy Sausage Soup</i></u>		
<u><i>Sweet Potato &amp; Rosemary Soup</i></u>		
<u><i>Three Bean Soup</i></u>		
<u><i>Turkey Soup</i></u>		
<u><i>Vegan Mexican Soup</i></u>		
<u><i>Vegetable Soup</i></u>		

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<b>SALAD BAR</b>	<b>PRICE</b>	<b>CHINA</b>	<b>TAKE-OUT</b>
<i>Large Plain</i>		4.00	5.25
<i>Large (with Meats or Cheeses or Salads)</i>		5.00	6.50
<i>Small Plain</i>		3.00	4.25
<i>Small (with Meats or Cheeses or Salads)</i>		4.00	5.25
<i>Fresh Fruit Salad:</i>		<i>Small: 2.25</i>	4.25
		<i>Large: 3.50</i>	6.75

<b>DESSERTS/SNACKS</b>	<b>PRICE</b>
<i>Homemade Brownies</i>	1.25
<i>Homemade Cakes (variety)</i>	1.25
<i>Danish, Mini, Assorted</i>	.50
<i>Donut</i>	1.00
<i>Jello</i>	1.00
<i>Muffins (Home baked)</i>	1.25
<i>Homemade Pie (variety)</i>	1.25
<i>Pudding</i>	1.00
<i>Yogurt - Greek/Variety</i>	2.00
<i>Vegetables &amp; Low Fat Ranch Dressing</i>	2.00
<i>Fruit &amp; Low Fat Yogurt Dip/ Peanut Butter</i>	2.00
<i>Hummus w/ Vegetables or Baked Chips</i>	2.25
<i>Whole Fruit</i>	.60
<i>Bagel (includes butter, jelly, cream cheese)</i>	1.25
<i>Baked Chips/Popcorn/Crackers</i>	1.00
<i>Crisps (Apple, Cherry, Peach)</i>	1.50
<i>Home baked Cookies (variety)</i>	.60
<i>100 Calorie Pack, variety</i>	1.00
<i>Nutrigrain Bars</i>	1.00
<i>Soft Pretzel (small)</i>	.50
<i>Welch's Fruit Snacks</i>	1.25

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<b>BEVERAGES</b>	<b>PRICE</b>
<i>White Milk (1% / 2%)</i>	<i>.75</i>
<i>Chocolate /Strawberry Milk (Low-Fat)</i>	<i>1.00</i>
<i>Apple, Cranberry &amp; Grape Juices (4 oz. Container)</i>	<i>.75</i>
<i>Dispenser Juices (Orange; Apple; Cranberry; Lemonade-8 oz.</i>	<i>1.25</i>
<i>16 oz.</i>	<i>2.50</i>
<i>Dispenser Aqua Fresco</i>	<i>.75</i>
<i>8 oz.</i>	<i>1.25</i>
<i>16 oz.</i>	<i>1.00</i>
<i>Coffee/Tea</i>	<i>1.00</i>
<i>Hot Chocolate</i>	<i>1.00</i>
<i>Vending Machine</i>	
<i>Snapple Ice Tea (variety)</i>	<i>1.50</i>
<i>Spring Water (20 oz.)</i>	<i>1.00</i>
<i>Vitamin Water (variety)</i>	<i>2.00</i>

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**THEME MENU DAYS**

<b><u>BREAKFAST MENU</u></b>	<b><u>PRICE</u></b>
<i>Scrambled Eggs</i>	2.75
<i>French Toast</i>	2.75
<i>Buttermilk Pancakes (3)</i>	2.75
<i>Breakfast Burrito (Sausage, Cheese, Onion &amp; Peppers)</i>	3.50
<i>Sausage</i>	1.25
<i>Hash Browns</i>	1.25
<i>Bacon (2 strips)</i>	1.25
<i>Cereal</i>	Dry: 2.00      w/ Milk 2.75

<b><u>CHINESE MENU</u></b>	<b><u>PRICE</u></b>
<i>General Tso</i>	4.50
<i>Chicken Lomein</i>	4.00
<i>Brown Fried Rice</i>	1.25
<i>White Rice</i>	1.00
<i>Vegetable Egg Roll</i>	1.25
<i>Wonton Soup</i>	Cup: 2.50      Bowl: 4.00

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