

FEBRUARY 2019

HIGH SCHOOL

ALTERNATE LUNCH AVAILABLE DAILY: Salad Plate with any 2 Proteins (1 oz. Meat, 1 oz. Cheese or 4 oz. Yogurt) Low Fat Milk or Fat Free Milk Included with all Meals

Lunch

Monday

Tuesday

Wednesday

Thursday

Friday



4
Mozzarella Sticks w/Marinara Sauce
Corn Muffin
Caesar Salad
Celery Cups w/ Ranch Dressing
Granny Smith Apple

5
Chinese New Year
General Tso Chicken
Over Fried Rice
Stir Fry Vegetables
Dinner Roll
Broccoli Cup
Fresh Pear

6
Baked Mac & Cheese
WG Garlic Knots
Steamed Broccoli
Caesar Salad
Grapes

7
WG Chicken Nuggets
Baked French Fries
Roasted Green Beans
WG Breadstick
Carrot Sticks
Applesauce

8
Sal's Pizza
Cheese or Pepperoni
Garden Toss Salad
Cauliflower Cups
Diced Peaches

11
WG Pasta w/Meatballs
WG Breadsticks
Leafy Green Salad
Cauliflower Cups
Fresh Mac Apple

12
WG Chicken Drumsticks
Mashed Potatoes
Steamed Carrots
Dinner Roll
Celery Sticks
Diced Peaches

13
Grilled Footlong WG Beef Hot Dog
WG Hot Dog Bun
Baked Beans
Carrot Sticks
Fresh Oranges

14
Chicken Tenders
WG Breadsticks
Baked Seasoned Wedges
Steamed Green Beans
Cucumber Cups
Diced Peas

15
WG Buffalo Cheese Pizza
Spinach Salad
Cucumber Cups
Side Kicks

18
President's Day

NO SCHOOL

19
NO SCHOOL

20
NO SCHOOL

21
WG Popcorn Chicken
Baked Sweet Potato Fries
Steamed Broccoli
Garlic Toast
Cucumber Cups
Fruit Cocktail

22
Sal's Pizza
Cheese or Pepperoni
Caesar Salad
Carrot Sticks
Fresh Mac Apple

25
Italian Combo Meal
Breaded Ravioli & Mozzarella Sticks
Marinara Sauce
Caesar Salad
Roasted Cauliflower
Celery Sticks w/hummus
Diced Peaches

26
Nacho's
Seasoned Beef W/Tomatoes, Lettuce, Salsa, Melted Cheese Over WG Nacho Chips
Carrot Sticks w/hummus
Fresh Oranges

27
Mandarin Orange Chicken
Over Brown Rice
Whole Grain Breadstick
Stir Fry Vegetables
Broccoli with Ranch Dip
Fruit Cocktail

28
National Chili Day
Chili served in a Cornbread Bowl
Shredded Cheese
Sour Cream
Celery Sticks
Mac Apple



Full Price \$3.10
Reduce Price \$.40

*This institution is an equal opportunity provider

Hummus Offered Daily
All Meals include a 1 cup of fruit and 1 cup of vegetables

American frontier settlers used a "chili" recipe of dried beef, suet, dried chili peppers and salt, which was all pounded together, formed into bricks and dried. The bricks could then be boiled in pots on the trails.

Breakfast is @ 7:00 Stop by For Healthy Choices