

# February 2018

## JR/SR High School



Breakfast	7:30 – 8:00		Lunch	
	Reduced	Paid	Reduced	Paid
Student	FREE	FREE	FREE	FREE
Adults		\$2.40		\$3.80

**MENU SUBJECT TO CHANGE**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



**BLACK HISTORY  
AMERICAN HEART MONTH**

### Monday

Offered Daily  
Asst. Sandwiches  
Salad Bar  
Asst. Fresh Fruit  
Asst. 100% Fruit Juice

### Tuesday



### Wednesday

### Thursday

### Friday

Chicken Patty on a Roll **5**  
V: Fish on a Roll  
Green Beans  
Mixed Fruit  
Asst. Milk, French Fries  
Soup: Chicken Noodle

Turkey Club Wrap **6**  
V: Roasted Veg. Wrap  
Vegetarian Beans  
Pears  
Asst. Milk, Potato Rounds  
Soup: Beef Noodle

Macaroni & Cheese **7**  
Corn  
Apple sauce  
Asst. Milk  
Soup: Buffalo Chicken Chowder

Crispy Chicken Tenders **1**  
V: Cheese Quesadilla  
Broccoli  
Mixed Fruit  
Asst. Milk, Hash Brown  
Soup: Chicken & Rice

Italian Mix Sub **2**  
V: Caprese Wrap  
Italian Roasted Vegetables  
Orange Wedges  
Asst. Milk  
Soup: Beef Barley

Cheeseburger **12**  
V: Veggie Burger  
Baked Beans  
Fresh Fruit Salad  
French Fries, Asst. Milk  
Soup: Chicken Noodle

Jerk Chicken w/ Rice & Beans **13**  
V: Baked Fish  
Green Beans  
Apple Sauce  
Asst. Milk  
Soup: Beef Noodle

Fish on a Roll **14**  
Corn  
Pears  
Asst. Milk  
Potato Rounds  
Soup: New England Clam Chowder

Tacos **8**  
Salsa  
Peaches  
Asst. Milk  
Soup: Chicken & Rice

Pepperoni & Cheese Bread **9**  
V: Cheese Bread  
Caesar Salad  
Fresh Fruit Salad  
Asst. Milk  
Soup: Beef Barley

**NO** **19**  
**SCHOOL**

**NO** **20**  
**SCHOOL**

**NO** **21**  
**SCHOOL**

**NO** **22**  
**SCHOOL**

**NO** **23**  
**SCHOOL**

Chicken Nuggets w/ Lo mein **26**  
V: Fish Nuggets  
Green Beans  
Mixed Fruit  
Asst. Milk  
Soup: Chicken Noodle

French Toast Sticks w/Turkey Sausage **27**  
V: Falafel Patties  
Corn  
Apple Sauce, Asst. Milk  
Soup: Beef Noodle

Loaded Nachos w/Chili **28**  
V: Cheese Nachos  
Salsa  
Peaches  
Asst. Milk  
Soup: Chorizo Con Queso Chowder

