

February 2018

High School

LUNCH



School Information: This institution is an equal opportunity provider.
Menu subject to change.
Daily: \$2.80
Milk: 1% white, skim white, skim chocolate



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.



Monday

Boneless Wings, Breakfast Bar
Rice Bowl, Burger Bar, Boneless Wings

Tuesday



Wednesday

Salad Bar Served Daily

Thursday

Hot Dog/Bun
Ketchup
Baked Beans
Tator Tots, Mixed Fruit

Friday

Sloppy Joe/Bun
Fritos
Crinkle Cut Carrots
Applesauce

Italian Flatbread **5**
Marinara Sauce
Garden Peas
Pears

Chicken Quesadilla **6**
Salsa
Refried Beans
Mandarin Oranges

Pulled Pork Sandwich **7**
Fritos
Steamed Broccoli
Mixed Fruit

Hamburger/Bun **8**
Baked French Fries
Ketchup
Buttered Corn, Applesauce

Spaghetti/Meatballs **9**
Green Beans
Bread Sticks
Pears

Chicken Enchilada **12**
Refried Beans
Rice
Mixed Fruit

Heart Shaped Nuggets **13**
Mashed Potatoes
Buttered Corn
Pears

Lasagna Roll-Up **14**
Steamed Broccoli
Bread Stick
Peaches

No School **15**

No School **16**

No School **19**

Chicken Pot Pie **20**
Smiles
Ice Cream Cup
Peaches

Nacho Grande **21**
Refried Beans
Rice
Pears

Corn Dog on a Stick **22**
Waffle Fries
Buttered Corn
Mixed Fruit

Mac & Cheese **23**
Garden Peas
Mandarin Oranges

French Dip **26**
Fritos
Crinkle Cut Carrots
Mixed Fruit

Personal Pan Pizza **27**
Garden Peas
Applesauce

French Toast Sticks **28**
Omelet
Tri Tators
Peaches

