



Feeding Hungry Minds

# PYUSD Nutrition Services

## High School Menu

### February 2019



### Fresh Start

Student Breakfast \$1.50

**Cinnamon Roll, Pan Dulce, Bagel & Cream Cheese, Yogurt Parfait, Bosco Stick or Assorted Cereal w/ String Cheese.**

#### Daily Breakfast Specials:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Scrambler Bowl	Dutch Waffle w/Sausage	Pancake Wrap	English Muffin Sandwich	Breakfast Burrito

### Lunch Specials

Student Lunch \$3.25

#### Week 1

#### Fresh & Fit - Chicken Caesar Salad or Buffalo Chicken Wrap

Feb 04 MONDAY	Feb 05 TUESDAY	Feb 06 WEDNESDAY	Feb 07 THURSDAY	Feb 08 FRIDAY
<i>BYO Burger</i> Hamburger Patty w/ Assorted Toppings and Sauces Seasoned Fries	<i>Celebrate Chinese New Year's</i> Teriyaki or Orange Chicken Lucky Fried Rice or Noodles Steamed Mixed Vegetable	<i>Popcorn Chicken Bowl</i> Popcorn chicken Mashed Potatoes w/ Gravy Golden Corn Biscuit	<i>Breakfast for Lunch</i> French Toast Sticks Scrambled Eggs Sausage Patty Tater Tots	<i>Saucy</i> Chicken Tenders w/ Choice of BBQ, Buffalo or Teriyaki Sauce Seasoned Fries Garlic Twist

#### Week 2

#### Fresh & Fit - Taco Salad or Turkey Bacon Ranch Wrap

Feb 11 MONDAY	Feb 12 TUESDAY	Feb 13 WEDNESDAY	Feb 14 THURSDAY	Feb 15 FRIDAY
No School	<i>Burrito Bowl</i> Chicken Fajita or Spicy Pork Carnitas Pinto Beans Cilantro Lime Rice	<i>Pasta Bar</i> Alfredo or Marinara Sauce Chicken or Seasoned Beef Seasoned Broccoli Garlic Twist	<i>Homestyle Favorite</i> Oven Roasted Turkey Mashed Potatoes w/ Gravy Green Beans Dinner Roll	<i>LTO - Soup Bar</i> Tortilla Soup Stock Diced Chicken Black Beans Golden Corn Cheese Quesadilla

#### Week 3

#### Fresh & Fit - Chinese Chicken Salad or Hummus Veggie Wrap

Feb 18 MONDAY	Feb 19 TUESDAY	Feb 20 WEDNESDAY	Feb 21 THURSDAY	Feb 22 FRIDAY
No School	<i>Taco Tuesday</i> Carne Asada or Chicken Fajita Refried Beans Fiesta Rice	<i>Just Say Cheez</i> Pasta w/ Cheese Sauce Seasoned Chicken Assorted Toppings Broccoli Garlic Twist	<i>Backyard BBQ</i> BBQ Pulled Pork Or BBQ Chicken Sandwich Baked Beans Golden Corn	<i>Flatbread</i> Pepperoni Or Cheese Flatbread Tossed Caesar Salad

#### Week 4

#### Fresh & Fit - Chef Salad or Southwest Chicken Wrap

Feb 25 MONDAY	Feb 26 TUESDAY	Feb 27 WEDNESDAY	Feb 28 THURSDAY	Mar 01 FRIDAY
<i>Asian Bowl</i> Curried Chicken or Korean BBQ Beef Steamed or Lucky Fried Rice Broccoli	<i>Nacho Bar</i> Tortilla Chips Seasoned Taco Meat Refried Beans Nacho Cheese	<i>Chicken Parmesan</i> Chicken Parmesan Pasta w/ Marinara Seasoned Broccoli Garlic Twist	<i>Chili Bar</i> Chili Fries w/ Corn Bread or Chili Dog Seasoned Fries Assorted Toppings	<i>Chicken &amp; Waffles</i> Chicken Tenders w/ Waffles Southern Green Beans

### THE GRILL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Corn Dog-N- Fries	Swiss-Bacon Cheeseburger	Chicken Quesadilla w/ Salsa	Western Bacon Cheeseburger	Veggie Farm Burger

#### Vegetarian Option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bean & Cheese Burrito	Falafel Super Tots / Loco Bread	Cheese Quesadilla	Bean & Cheese Burrito	Veggie Farm Burger-V

#### Available Daily



Cheese & Pepperoni Pizza

Crispy Chicken Sandwich

Spicy Chicken Sandwich

Cheeseburger

All Meals are served with choice of Fat Free Chocolate Milk or 1% Milk

All Meals are served with choice of Fresh Fruit & Veggies

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