



Feeding Hungry Minds

# High School Menu


February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1- Lunch</b>				
3	4	5	6	7
<b>Popcorn Chicken Bowl</b> Popcorn Chicken Mashed Potatoes with Gravy Golden Corn Biscuit	 <b>Nacho Bar</b> Tortilla Chips Seasoned Taco Meat Or Fajita Chicken Refried Beans Nacho Cheese	<b>Chili Bar</b> Chili Tots & Corn Bread or Chili Dog Tater Tots Assorted Toppings	<b>Enchilada Style Burrito</b> Served With Fiesta Rice Mexicali Corn	<b>Pick'n Chick'n</b> Breaded or Grilled Chicken Patty w/ Assorted Toppings and Sauces Seasoned Fries
<b>Week 2- Lunch</b>				
10	11	12	13	14
Holiday- No School	 <b>Chicken &amp; Waffles</b> Boneless Chicken Wings w/ Waffles Southern Green Beans	 <b>Asian Bowl</b> Sweet & Sour Chicken or Beef & Broccoli Fried Rice or Noodles Steamed Vegetable	 <b>Pasta Bar</b> Alfredo or Marinara Sauce Chicken or Seasoned Beef Seasoned Broccoli Garlic Breadstick	<b>Saucy</b> Boneless Wings w/ Choice of BBQ, Buffalo or Teriyaki Sauce Seasoned Fries Garlic Breadstick
<b>Week 3- Lunch</b>				
17	18	19	20	21
Holiday- No School	<b>Homestyle Favorite</b> Meatloaf AuGratin Potatoes Green Beans Dinner Roll	 <b>BYO Burger</b> Hamburger Patty w/ Assorted Toppings and Sauces Seasoned Fries <i>Vegetarian burger available</i>	<b>Flatbread</b> Pepperoni Or Cheese Flatbread Tossed Caesar Salad	 <b>Nacho Bar</b> Tortilla Chips Seasoned Taco Meat Or Fajita Chicken Refried Beans Nacho Cheese
<b>Week 4- Lunch</b>				
24	25	26	27	28
<b>Breakfast for Lunch</b> French Toast Sticks Scrambled Eggs Sausage Patty ☺ Tater Tots	 <b>Asian Bowl</b> Teriyaki or Orange Chicken Fried Rice or Noodles Steamed Vegetable	 <b>Backyard BBQ</b> BBQ Pulled Pork ☺ or BBQ Chicken Cowboy Beans, Cole Slaw Golden Corn Hamburger Bun	 <b>Taco Bar</b> Seasoned Taco Meat or Seasoned Chicken Cilantro Lime Rice Refried Beans Hard Taco Shells	<b>Off The Hook</b> Breaded Pollock Seasoned Fries Coleslaw Dinner Roll or Sandwich Style

**Available Daily for Lunch**

Cheese Pizza or Pepperoni Pizza



Do you see this icon?  
 This icon means we offer a **meatless protein option** with the meal. PlantFare is plant-based vegan protein. Try it today!



## Rise & Shine

**Available Daily for Breakfast**

- Cinnamon Roll
- Pan Dulce
- Bagel & Cream Cheese
- Yogurt Parfait
- Bosco Stick
- Assorted Cereal w/ String Cheese

**Daily Breakfast Specials**

*Monday* Dutch Waffle w/ Sausage  
*Tuesday* Bacon, Egg & Cheese Croissant  
*Wednesday* Pancakes w/ Sausage  
*Thursday* Egg & Cheese English Muffin  
*Friday* Hand Rolled Breakfast Burrito

## What's for Lunch

### The GRILL



**Crispy Chicken Sandwich**  
**Spicy Chicken Sandwich**  
**Cheeseburger**  
**Chicken Tenders w/ Garlic Breadstick**

## FRESH Fit

### Salads

*All salads are served with a whole grain dinner roll*

**Week 1/3: Chef Salad**  
**Week 2/4: Cranberry Chicken Salad**

### Wraps

**Week 1/3: Chicken Caesar Wrap**  
**Week 2/4: Turkey Ranch Wrap**

**Available Daily**

*Monday* **Bean & Cheese Burrito**  
*Tuesday* **Cheese Stick w/ Marinara**  
*Wednesday* **B-4 The Burger**  
*Thursday* **Cheese Stick w/ Marinara**  
*Friday* **Bean & Cheese Burrito**

All Meals are served with choice of Fat Free Chocolate Milk or 1% Milk and choice of Fresh Fruit & Vegetables.  
 USDA and this Institution are Equal Opportunity Providers and Employers.

**Breakfast \$1.50**  
**Lunch \$ 3.25**