

Blue Plate Specials

Thursday, February 1

Chicken Alfredo or Spaghetti & Meatballs or Buffalo Chicken on Bun
Choose 1 or 2:

Seasoned Carrots/Steamed Spinach
Choose 1 or 2:

Chilled Mixed Fruit /Grapes
Choice of Milk

Friday, February 2

Chicken & Dutch Waffle or Double Cheese Burger
Choose 1 or 2:

Tater Tots/Sweet Peas
Choose 1 or 2:

Chilled Pineapple / Cinnamon Apples
Choice of Milk

Monday, February 5

Chicken Tenders w/ Wheat Roll or Buffalo Chicken on Bun
Choose 1 or 2:

Green Beans / Cherry Tomatoes/Tater Tots
Choose 1 or 2:

Chilled Applesauce/Frozen Juice Cup
Choice of Milk

Tuesday, February 6

Turkey & Gravy Mashed Potato Bowl w/ Wheat Roll or Cheese Burger
Choose 1 or 2:

Steamed Broccoli/Steamed Spinach
Choose 1 or 2:

Chilled Peaches / Blueberries
Choice of Milk

Wednesday, February 7

BBQ on Bun or Chicken Patty on Bun
Choose 1 or 2:

Cajun Beans/Spicy Waffle Fries/Coleslaw
Choose 1 or 2:

Chilled Pears/Fresh Orange Wedges
Choice of Milk

Thursday, February 8

Popcorn Chicken w/ Wheat Roll or Buffalo Chicken on Bun
Choose 1 or 2:

Baked Beans/Seasoned Corn
Choose 1 or 2:

Chilled Mixed Fruit / Fresh Grapes
Choice of Milk

Friday, February 9

Sriracha Fish Tacos or Double Cheese Burger
Choose 1 or 2:

Seasoned Carrots/Scalloped Potatoes
Choose 1 or 2:

Chilled Pineapple / Fresh Apple Slices
Choice of Milk

Blue Plate Specials

Monday, February 12

Cheesy Bean & Rice Empanada or Pizza Calzone
or Buffalo Chicken on Bun

Choose 1 or 2:

Seasoned Corn/Spinach/Fiesta Black beans
Choose 1 or 2:

Chilled Apple Sauce / Frozen Juice Cup
Choice of Milk

Tuesday, February 13

Meatloaf w/ Wheat Roll or Cheese Burger
Choose 1 or 2:

Green Beans/Mashed Potatoes
Choose 1 or 2:

Chilled Peaches / Strawberry Cup
Choice of Milk

Wednesday, February 14

Corn Dog Nuggets or Chicken Patty on Bun
Choose 1 or 2:

Baked Beans/Spicy Waffle Fries
Choose 1 or 2:

Chilled Pears/Fresh Orange Wedges
Choice of Milk

Thursday, February 15

Chicken Alfredo or Spaghetti & Meatballs or Buffalo Chicken on Bun
Choose 1 or 2:

Seasoned Carrots/Steamed Spinach
Choose 1 or 2:

Chilled Mixed Fruit /Fresh Grapes
Choice of Milk

Friday, February 16

Chicken & Dutch Waffle or Double Cheese Burger
Choose 1 or 2:

Tater Tots/Sweet Peas
Choose 1 or 2:

Chilled Pineapple / Fresh Apple Slices
Choice of Milk

Monday, February 19

Chicken Tenders w/ Wheat Roll or Buffalo Chicken on Bun
Choose 1 or 2:

Green Beans / Cherry Tomatoes/Tater Tots
Choose 1 or 2:

Chilled Applesauce/Frozen Juice Cup
Choice of Milk

Tuesday, February 20

Turkey & Gravy Mashed Potato Bowl w/ Wheat Roll or Cheese Burger
Choose 1 or 2:

Steamed Broccoli/Steamed Spinach
Choose 1 or 2:

Chilled Peaches / Blueberries
Choice of Milk

Blue Plate Specials

Wednesday, February 21

BBQ on Bun or Chicken Patty on Bun
Choose 1 or 2:

Cajun Beans/Spicy Waffle Fries/Coleslaw
Choose 1 or 2:

Chilled Pears/Fresh Orange Wedges
Choice of Milk

Thursday, February 22

Popcorn Chicken w/ Wheat Roll or Buffalo Chicken on Bun
Choose 1 or 2:

Baked Beans/Seasoned Corn
Choose 1 or 2:

Chilled Mixed Fruit / Fresh Grapes
Choice of Milk

Friday, February 23

Sriracha Fish Tacos or Double Cheese Burger
Choose 1 or 2:

Seasoned Carrots/Scalloped Potatoes
Choose 1 or 2:

Chilled Pineapple / Fresh Apple Slices
Choice of Milk

Monday, February 26

Cheesy Bean & Rice Empanada or Pizza Calzone
or Buffalo Chicken on Bun

Choose 1 or 2:

Seasoned Corn/Spinach/Fiesta Black beans
Choose 1 or 2:

Chilled Apple Sauce / Frozen Juice Cup
Choice of Milk

Tuesday, February 27

Meatloaf w/ Wheat Roll or Cheese Burger
Choose 1 or 2:

Green Beans/Mashed Potatoes
Choose 1 or 2:

Chilled Peaches / Strawberry Cup
Choice of Milk

Wednesday, February 28

Corn Dog Nuggets or Chicken Patty on Bun
Choose 1 or 2:

Baked Beans/Spicy Waffle Fries
Choose 1 or 2:

Chilled Pears/Fresh Orange Wedges
Choice of Milk

Grab N Go And Pizza

Monday-Chicken Caesar Wrap, Mediterranean Veggie Wrap, Chicken Caesar Shaker Salad, Fruit & Ancient Grain Shaker Salad, Stuffed Crust Pizza
 Tuesday- Turkey, Ham, & Cheese Deli Spiral Wrap, Mediterranean Veggie Wrap, Deli Club Shaker Salad, Spicy Veggies and Grains, Personal Pan Pizza
 Wednesday-Buffalo Chicken Wrap, Mediterranean Veggie Wrap, Fruity Chicken Shaker Salad, Chopped Veggie Shaker Salad, Bosco Pizza Stix
 Thursday-Tuna Wrap, Mediterranean Veggie Wrap, Mandarin Chicken Shaker Salad, Fruit & Grain Shaker Salad, Pizza Cheese Crunchers
 Friday-Chicken Salad Wrap, Mediterranean Veggie Wrap, Srahacha Chicken Shaker Salad, Spicy Veggies and Greens Shaker Salad, Turkey, Ham, & Cheese Deli Spiral Wrap

Variety of fruits and vegetables offered with every meal.
 Available Daily:
 PB & J Grab n Go

M.T.O

(Made to Order Lines- week1/week2)

Monday-Asian Bar/Deli Bar
 Tuesday- Taco Bar/Burrito Bar
 Wednesday-Burger Bar/Burger Bar
 Thursday-Potato Bar/Mac & Cheese Bar
 Friday-Pizza & Salad Bar-Pizza & Salad Bar
 Variety of fruits and vegetables offered with every meal

Choice of Milk Daily

JUMP START YOUR DAY WITH SCHOOL BREAKFAST!

2 Week Cycle Menu!

Week 1 and 3

Monday: Mini Blueberry Waffles, Fruit/Juice
 Tuesday: Chicken Biscuit, Juice/Fruit
 Wednesday: Breakfast Pizza, Juice/Fruit
 Thursday: Sausage Biscuit & Gravy, Fruit/Juice
 Friday: Apple Cinnamon French Toast, Fruit/Juice

Week 2 and 4

Monday: French Toast, w/ Syrup Fruit/Juice
 Tuesday: Bacon, Egg & Cheese Burrito, Juice/Fruit
 Wednesday: Breakfast Pizza, Juice/Fruit
 Thursday: Sausage Biscuit & Gravy, Fruit/Juice
 Friday: Dutch Waffle Fruit/Juice

Additional Entrees Offered Daily

Cereal w/ Toast or Graham Crackers, Breakfast Bar, Banana Bread, Zucchini Bread, Blueberry Bread, Fortified Donut
 Choice of milk offered every day

DON'T 4 GET!
 To make a lunch, choose at least one

- Fruit/Juice
- or
- Veggie
- Grains
- Milk
- Protein
- and 3-5 items total
- Vegetables

Still the best deal in town!

Lunch **\$2.80**

Get in touch with us today to learn more about free and reduced-price meals in our district:

LOUISA COUNTY HIGH



MENUS FEBRUARY 2018

USDA is an equal opportunity provider and employer.

Welcome Back!

The LCHS cafeteria Staff is excited to serve you!
 Please come visit us for breakfast and lunch and enjoy our menu offerings!

Meal Prices:

Breakfast: \$1.30, .30 reduced, \$1.80 adult
 Lunch: \$2.80, .40 reduced, \$3.40 adult