



Brunswick County Middle & High School Menu

February 2018

Meal Prices:
Breakfast Free to all!
Lunch:
Reduced: .40¢
Paid: K-5: \$2.15
6-8 :\$2.30
9-12: \$2.45



Monday, February	Tuesday, February	Wednesday, February	Thursday, February 1	Friday, February 2
	<p>February is the month to show someone you care. Join your loved one for lunch and enjoy a healthy meal together!</p>		<p>Super Donut</p> <p>Simply Southern Meal Carolina BBQ Oven Fried Chicken Dinner Roll Collard Greens Mac & Cheese Candied Yams Apple Crisp</p>	<p>Asst. Cereal Bars</p> <p>Buffalo Hot Wings Spicy Chicken Sandwich Dinner Roll Spicy Fries Peas & Carrots Sandwich Toppings Pineapple</p>
Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9
<p>Mini Pancakes</p> <p>Grilled Cheese Turkey Pot Roast w/ Rice Dinner Roll Sweet Potato Fry Peas & Carrots Mixed Fruit</p>	<p>Assorted Poptarts</p> <p>Nacho Frito Chicken Cheese Quesadilla Spanish Rice Spicy Pintos Mixed Vegetables Taco Toppings Peach Cups</p>	<p>Blueberry Muffin</p> <p>Pepperoni Pizza Spaghetti Dinner Roll JJ Orange Medley Garden Salad Marinara Cup Fruit Explosion</p>	<p>Super Donut</p> <p>Orange Chicken With Rice Dinner Roll Meatball Sub Corn Spinach Pineapple</p>	<p>Asst. Cereal Bars</p> <p>Tailgate Cheeseburgers Hot Dogs w/ Chili Oven Fried Potatoes Baked Beans Coleslaw Applesauce</p>
Monday, February 12	Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16
<p>Mini Pancakes</p> <p>Stuffed Crust Pizza Chicken Tenders Dinner Roll Glazed Carrots Green Beans Marinara Cup Pears</p>	<p>Assorted Pop tarts</p> <p>Taco Tuesday Beef or Chicken Tacos Pinto Beans Corn Taco Toppings Pineapple</p>	<p>Happy Valentine's Day! Blueberry Muffin</p> <p>Carolina BBQ Sandwich Chicken Nuggets Dinner Roll Garden Salad Sweet Potato Fries Spiced Apples</p>	<p>Super Donut</p> <p>General TSO Chicken With Rice Dinner Roll Cheeseburger Oriental Vegetables Spinach Sandwich Toppings Applesauce</p>	<p>Asst. Cereal Bars</p> <p>Mini Corn Dog Nuggets Fish Sandwich Spicy French Fries Baked Beans Peaches</p>

Available Lunch Daily:
 PB&J Munchie Pak

Available with Every Meal:
 Fresh Fruit and Milk Variety

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Healthy Snack!

1 cup vanilla soy milk

1/2 cup strawberry soy yogurt

1 small ripe banana

1/2 cup ice cubes

1 1/4 cups mixed frozen berries (raspberries, strawberries, blueberries)

3-4 fresh strawberries

2 Tbsp agave or maple syrup

Blend and Enjoy!



Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23
No School Teacher Workday!	Assorted Pop tarts Nacho Day Beef or Cheese Nachos Spanish rice Mexican Corn Black Beans Taco Toppings Mixed Fruit	Blueberry Muffin Pizza Sticks Sloppy Joe Glazed Carrots Garden Salad Marinara cup Peaches	Super Donut Simply Southern Meal Carolina BBQ Oven Fried Chicken Dinner Roll Collard Greens Mac & Cheese Candied Yams Apple Crisp	Asst. Cereal Bars Buffalo Hot Wings Spicy Chicken Sandwich Dinner Roll Spicy Fries Peas & Carrots Sandwich Toppings Pineapple
Monday, February 26	Tuesday, February 27	Wednesday, February 28	Heart Healthy Foods	Love Yourself Eat Healthy!
Mini Pancakes Grilled Cheese Turkey Pot Roast w/ Rice Dinner Roll Sweet Potato Fry Peas & Carrots Mixed Fruit	Assorted Poptarts Nacho Frito Chicken Cheese Quesadilla Spanish Rice Spicy Pintos Mixed Vegetables Taco Toppings Peach Cups	Blueberry Muffin Pepperoni Pizza Spaghetti Dinner Roll JJ Orange Medley Garden Salad Marinara Cup Fruit Explosion	<div style="display: flex; justify-content: space-between;"> <ul style="list-style-type: none"> Oatmeal Brown or Wild Rice Salmon Sardines Tuna Walnuts Almonds Flax Seeds Berries Olive Oil Broccoli Carrots Sweet Potatoes <ul style="list-style-type: none"> Red Bell Peppers Black Beans Kidney Beans Spinach Green Tea Red Wine Cantaloupe Papaya Acron Squash Tomatoes Oranges Asparagus Avocados </div>	

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