

# FEBRUARY 2019

## LA VERNIA JR. HIGH

This institution is an equal opportunity provider.

Students must select 3 components for reimbursable, components must be ½ cup vegetable or fruit. Meal Components are Protein, Grain, Vegetable, Fruit and Milk

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**4**  
Cereal/Cheese Stick or  
Breakfast Bar (Ham/Egg/Cheese)

Spaghetti w/ Bread Stick  
Chicken Parmesan w/ Bread Stick

**11**  
Cereal/Yogurt or Pancake on  
A stick

Spicy Chicken on a Bun  
Frito Pile

**18**  
Cereal/Cheese Stick  
Or French Toast Sticks

Popcorn Chicken/Roll  
Pizza /Sticks

**25**  
Cereal/Cheese Stick or  
Breakfast Bar (Ham/Egg/Cheese)

Spaghetti w/ Bread Stick  
Chicken Parmesan w/ Bread Stick

**5**  
Muffin/Yogurt or Breakfast Pizza

Corn Dogs  
Cheesy Mac w / Bread Stick

**12**  
Breakfast Bar (Ham/Egg/Cheese)  
Or Breakfast Pizza

Cheese Quesadilla  
Chicken Fajita Soft Tacos

**19**  
Mini Pancakes or Breakfast Pizza

Asian Chicken w/Rice  
Hot Ham/Cheese on Croissant

**26**  
Muffin/Yogurt or Breakfast Pizza

Corn Dogs  
Cheesy Mac w / Bread Stick

**6**  
Mini Waffles/Sausage or  
Sausage Patty/Biscuit/Gravy

Pizza Sticks  
Chicken Nuggets w/ Roll

**13**  
Smuckers/Pbj or Cinnamon Rolls

Mac & Cheese /Ham w Breadstick  
Chicken Drumsticks

**20**  
Smucker's PBJ  
Or Omelet/Flour Tortilla

Corn Dogs  
Chicken Fried Steak on a Bun

**27**  
Mini Waffles/Sausage or  
Sausage Patty/Biscuit/Gravy

Pizza Sticks  
Chicken Nuggets w/ Roll

**7**  
Cereal Bar/Yogurt  
or Breakfast Pizza

Chicken Patty on a Bun (Reg. or Spicy)  
Hamburger / Cheeseburger

**14**  
Bean & Cheese Taco or  
Breakfast Pizza

Streak Fingers w / Roll  
Chicken Strips w/ Roll

**21**  
Bacon/ Egg/ Cheese Taco  
Or Breakfast Pizza

Bean and Cheese Taco  
Or Nachos

**28**  
Cereal Bar/ Yogurt  
Or Breakfast Pizza

Chicken Patty on a Bun (Reg. or Spicy)  
Hamburger / Cheeseburger

**1**  
Cereal/Yogurt  
Or Scrambled Eggs/ Sausage Patty

Pizza or  
PBJ

**8**  
Pop Tarts (2count) or  
Bean & Cheese Taco

Pizza or  
PBJ

**15**  
Cereal Bar/Cheese Stick  
or Bacon/ Egg/ Cheese Taco

Pizza or  
PBJ

**22**  
Cereal/Yogurt  
Or Scrambled Eggs/ Sausage Patty

Pizza or  
PBJ



**Breakfast Meal Prices:**  
Student Full Meal Price- \$1.75  
Reduced- \$ .30  
Adult- \$2.25

**Lunch Meal Prices:**  
Student Full Price- \$2.60  
Reduced- \$ .40  
Adult- \$3.50

Prices are subject to change..

**Extra's:**  
Hot Breakfast Entrée - \$1.35  
Cold Breakfast Entrée - \$1.00  
Hot Lunch Entrée - \$1.75  
Fruit/Veggie - \$0.75

Snacks/Milk/Bread - \$0.60  
Large Bottled Drink - \$1.00  
Small Bottled Water- \$0.35

Extras are available on a first come first serve basis.