

February-March
2019



Jr High /High School
Lunch Menu

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

Weekly Vegetable Subgroups May Include:
Dark Green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
Legumes - beans and peas
Starchy - potatoes, corn, peas & lima beans
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home
Daily entrée options may include:
Cheese Burger on a Bun
Chicken Patty on a Bun
Cheese or Pepperoni Pizza
Specialty Pizza

UP FOR GRABS
Chicken Caesar Salad with Dinner Roll
Buffalo chicken Salad with Dinner Roll
Chopped Garden Salad with Dinner Roll
Taco Salad with Dinner Roll

Buffalo Chicken Wrap
Chicken Caesar Wrap
Club Sandwich Wrap

Assorted sandwich & Wraps



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2/18/19</p> <p>“Believe you can and you’re halfway there” THEODORE ROOSEVELT</p>	<p>2/19/19</p> <p>Grilled Chicken & Cheese with Bacon On a Bun or Beef Taco On a Soft Tortilla Featured Veggies: Refried Beans Tomato & Onion Salsa Choice of Fruit Choice of Milk</p>	<p>2/20/19</p> <p>Smokey Mountain Chix Patty On a Bun or Mini Cinnis With Sausage Patties Featured Veggies: Green Beans Romaine Salad Choice of Fruit Choice of Milk</p>	<p>2/21/19</p> <p>Hot Ham & Cheese on a Pretzel Roll or Chicken Alfredo over Penne Garlic Bread Featured Veggies: Green Peas Fresh Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>2/22/19</p> <p>French Bread Pizza or French Toast Sticks With Sausage Patties Featured Veggies: Steamed Corn Caesar Salad Choice of Fruit Choice of Milk</p>
<p>2/25/19</p> <p>Sloppy Joe On a Bun or General Tso Chicken Over Rice Featured Veggies: Steamed Broccoli Cucumber Salad Choice of Fruit Choice of Milk</p>	<p>2/26/19</p> <p>Bacon & Cheddar PIEROGIES with a Dinner Roll or Walking Taco Featured Veggies: Green Beans Spinach Salad Choice of Fruit Choice of Milk</p>	<p>2/27/19</p> <p>Texas Toasted cheese sand with tomato soup or Philly Steak & Cheese Featured Veggies: Broccoli Salad Steamed Corn Choice of Fruit Choice of Milk</p>	<p>2/28/19</p> <p>Mini Corn Dog with a Dinner Roll or Hot Turkey & Cheese On Flat Bread Featured Veggies: Oven Fries Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>3/1/19</p> <p>Chicken Fajita On a Soft Tortilla or Stuff Crust Pizza Featured Veggies: Steamed Carrots Greek Hummus Choice of Fruit Choice of Milk</p>
<p>3/4/19</p> <p>Italian Meatballs & Cheese On a Roll or Chicken Mash Potato Bowl with a Dinner Roll Featured Veggies: Spinach Salad Steamed Carrots Choice of Fruit Choice of Milk</p>	<p>3/5/19</p> <p>Ham,egg and cheese on a Honey Glazed Donut or Beef Taco On a Soft Tortilla Featured Veggies: Baked Beans Carrot Sticks Choice of Fruit Choice of Milk</p>	<p>3/6/19</p> <p>Buffalo Chicken Dip Tortilla Chips or Fried Fish Sandwich On a Roll Featured Veggies: Fresh Broccoli Green Peas Choice of Fruit Choice of Milk</p>	<p>3/7/19</p> <p>Cowboy Burger Cheese, Onion Rings, BBQ Sauce or Chicken Pot Pie Featured Veggies: Caesar Salad Roasted Parsnips Choice of Fruit Choice of Milk</p>	<p>3/8/19</p> <p>Southern BBQ Pork On a Bun or Pizza Bagel Featured Veggies: Cucumber Salad Steamed Carrots Choice of Fruit Choice of Milk</p>
<p>3/11/19</p> <p>Birthday cake pancakes w/ sausage patty or Chicken Fingers with a Dinner Roll Featured Veggies: Green Peas Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>3/12/19</p> <p>Buffalo Chicken Cheese Steak On a Roll or Nacho Grande Tortilla Chips Featured Veggies: Baked Beans Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>3/13/19</p> <p>Shepherds Pie or Blueberry Pancakes With Sausage Patties Featured Veggies: Hash Brown Potato Spinach Salad Choice of Fruit Choice of Milk</p>	<p>3/14/19</p> <p>Hot Ham and Cheese On a Pretzel Roll or All Beef Hot Dog Bar On a Roll Featured Veggies: Green Beans Tomato & Onion Salad Choice of Fruit Choice of Milk</p>	<p>3/15/19</p> <p>Banging PopcornShrimp with a Dinner Roll or Cheese Pizza Sticks Featured Veggies: Tomato & Onion Salad Broccoli Salad Choice of Fruit Choice of Milk</p>
<p>3/18/19</p> <p>Walking Steak Sandwich Tortilla Chips or Chicken Nuggets with a Dinner Roll Featured Veggies: Corn Salad Baked Beans Choice of Fruit Choice of Milk</p>	<p>3/19/19</p> <p>Cheese Ravioli with Garlic Bread or Seasoned Chicken Taco On a Soft Tortilla Featured Veggies: Steamed Corn Tomato & Onion Salad Choice of Fruit Choice of Milk</p>	<p>3/20/19</p> <p>Grilled BBQ Chicken & Bacon On a Bun or PA Dutch Waffles With Sausage Patties Featured Veggies: Green Peas Tomato Wedges Choice of Fruit Choice of Milk</p>	<p>3/21/19</p> <p>Beef Lasagna Garlic Bread or Chicken Enchiladas Featured Veggies: Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>	<p>3/22/19</p> <p>Marinated Jerk Roasted chicken with a Dinner Roll or Stuff Crust Pizza Featured Veggies: Glazed Carrots Cucumber Slices Choice of Fruit Choice of Milk</p>
<p>3/25/19</p> <p>Apple Frudel with sausage patty or BBQ Ribby sandwich Featured Veggies: Steamed Carrots Celery Sticks Choice of Fruit Choice of Milk</p>	<p>3/26/19</p> <p>Jacked Up Fries or Beef Taco On a Soft Tortilla Featured Veggies: Green Beans Greek Hummus Choice of Fruit Choice of Milk</p>	<p>3/27/19</p> <p>Egg, Sausage & Cheese On a Croissant or Buffalo Chicken Nuggets with a Dinner Roll Featured Veggies: Green Peas Carrot Sticks Choice of Fruit Choice of Milk</p>	<p>3/28/19</p> <p>Grilled Chicken On a Roll or Pepper Steak Over Rice Featured Veggies: Mexicala Corn Broccoli Salad Choice of Fruit Choice of Milk</p>	<p>3/29/19</p> <p>Southern BBQ Pork & cheese Quesadilla or Garlic Bread Pizza Featured Veggies: Roasted Sweet Potatoes Chick Pea Salad Choice of Fruit Choice of Milk</p>

Lunch Prices
Student \$2.55
Reduced \$.40
Adult \$3.75

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