

**Health•e
LIVING**



Jr / Sr High Lunch Menu

February 2019

In Season Broccoli

Broccoli shares cancer fighting, immune boosting properties.

Broccoli contains high levels of both calcium and vitamin k, both of which are important for bone health and prevention of osteoporosis



Monday

Tuesday

Wednesday

Thursday

Friday



Assorted Pizzas **1**
Romaine & Spinach Salad

Alfredo Rotini **4**
Cheesy Breadstick
Roasted Broccoli

Soft Shell Taco w/ **5**
Meat & Cheese
Refried Beans
Corn & Rice

Hot Ham & Cheese **6**
on Pretzel Roll
Macaroni Salad
Carrot Coins

Build a Burger Day **7**
Hamburger/
Cheeseburger
w/bun
Seasoned Potato
Wedges

Pepperoni Roll **8**
w/marinara Sauce
Romaine & Spinach
Salad

Macaroni & Cheese **11**
WG Roll
Carrots

Italian Meatball **12**
Sub
Green Bean &
Tomato Salad
Side of Pasta

Ultimate Chicken **13**
Bowl
Chickpea Salad
WG Roll

Rotini **14**
w/ Meat Sauce
WG Roll
Garlicky Green Beans

Assorted Pizzas **15**
Romaine & Spinach
Salad



No School **19**
Presidents' Day
Recess

20
Read a book!

Go for a walk **21**

22

French Toast Sticks **25**
Orange Roasted
Carrots
Scrambled eggs

Nachos w/meat & **26**
Cheese
Refried Beans
Corn

Crunchy Chicken **27**
Tenders
Cheesy Rice
Carrots

BBQ Pulled Pork **28**
on a WG bun
Seasoned Potato
Wedges



Announcements

Available Daily:

Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day
May Choose up to two (2)

NY Milk Choices:

1% White, Skim White
Skim Chocolate, Skim Strawberry
(when available)

Daily Choices:

Chicken Patty on Bun
Hamburger/Cheeseburger on Bun
Hot Wrap of the Day
Chef/Grilled Chicken Salad
NY Yogurt Parfait
NY Yogurt Plate

Meal Prices

Breakfast will be served at NO COST to all students for the 18/19 school year!
Lunch 7th-12th is \$2.00

"USDA is an equal opportunity provider and employer"
Menu subject to change without notice.