

February 2023 HS Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY 5 FAVE				
Cheeseburger Oven Baked Fries <i>Ketchup</i>	Cheese Lasagna w/ Tomato Basil Sauce <i>Dinner Roll</i>	Beef Nachos <i>Original Popped Chips</i>	Chicken Tamale w/ Seasoned Corn	Beef, Bean & Cheese Burrito <i>Hot Sauce</i>
SANDWICH OF THE DAY				
Turkey & Cheese Torta <i>Side of Baked Fries Ketchup</i>	Smoked Turkey & Cheese Sandwich on Knot Roll <i>Mayonnaise Baby Carrots (1/2 c)</i>	Turkey Breast Sandwich on Whole Grain Roll <i>Garbanzo Bean & Corn Salad</i>	Italian Turkey Submarine <i>Baby Carrots (1/2 c)</i>	Smoked Turkey & Cheese Sandwich on Knot Roll <i>Mayonnaise</i>
Entrée Salad of the Day				
		Chicken Taco Salad Original Popped Chips <i>Ranch Dressing</i>		Buffalo Chicken Salad Original Popped Chips <i>Ranch Dressing</i>
FEATURED ENTRÉE OF THE DAY				
30	31	1	2	3
Honey Mustard Grilled Chicken Sandwich Oven Baked Fries <i>Ketchup</i>	Chicken Enchiladas w/ Creamy Green Salsa	Chicken Burrito Bowl w/ Pinto Beans & Rice	Breakfast for Lunch: Pancake, Chicken Sausage & Seasoned Potatoes	PIZZA FRIDAY <i>Pepperoni or Cheese</i>
<i>Oven Baked Fries in Meal Baby Carrots (1/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/2 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Spinach Salad w/ Italian Dressing (1 c)</i>
<i>Pear (1/2 c) & Orange (1/2 c)</i>	<i>Orange (1/2 c) & Pear (1/2 c)</i>	<i>Banana (1/2 c) & Orange (1/2 c)</i>	<i>Apple (1/2 c) & Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Pear (1/2 c)</i>
6	7	8	9	10
Hot Dog Oven Baked Fries <i>Ketchup</i>	Chicken Alfredo Pasta w/ Steamed Broccoli	Turkey & Bean Chili <i>Corn Muffin</i>	Chicken Tortilla Soup <i>Tortilla Chips</i>	PIZZA FRIDAY <i>Pepperoni or Cheese</i>
<i>Oven Baked Fries in Meal Baby Carrots (1/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/2 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Spinach, Tomato, Pickle Kit (1 c)</i>
<i>100% Fruit Juice (4 oz) & Apple (1/2 c)</i>	<i>Dried Cranberries (1/2 c) & Pear (1/2 c)</i>	<i>Banana (1/2 c) & Orange (1/2 c)</i>	<i>Apple (1/2 c) & Pear (1/2 c)</i>	<i>Orange (1/2 c) & Apple (1/2 c)</i>
13	14	15	16	17
Holiday	Firecracker Chicken Yakisoba Noodles	Beef Picadillo w/ Black Beans & Rice	Chicken Nuggets w/ Mashed Potatoes <i>BBQ Baked Chips</i>	PIZZA FRIDAY <i>Pepperoni or Cheese</i>
	<i>Baby Carrots (1/2 c)</i>	<i>Celery Sticks (1/2 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Spinach Salad w/ Ranch Dressing(1 c)</i>
	<i>Orange (1/2 c) & Pear (1/2 c)</i>	<i>Banana (1/2 c) & Orange (1/2 c)</i>	<i>Apple Sauce (1/2 c) & Pear (1/2 c)</i>	<i>Orange (1/2 c) & Apple (1/2 c)</i>
20	21	22	23	24
Holiday	Chicken Enchiladas w/ Creamy Green Salsa	Chicken Burrito Bowl (red salsa) w/ Pinto Beans & Rice	Chicken Noodle Soup (1G) <i>Whole Grain Cookie</i>	PIZZA FRIDAY <i>Pepperoni or Cheese</i>
	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/2 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Spinach Salad w/ Italian Dressing (1 c)</i>
	<i>Orange (1/2 c) & Pear (1/2 c)</i>	<i>Banana (1/2 c) & Orange (1/2 c)</i>	<i>Apple (1/2 c) & Pear (1/2 c)</i>	<i>Orange (1/2 c) & Apple (1/2 c)</i>
27	28	1	2	3
Honey Mustard (packet) Grilled Chicken Sandwich Oven Baked Fries <i>Ketchup</i>	Penne & Meatballs w/ Tomato Basil Sauce	Chicken Fajitas w/ Refried Beans Peppers & Corn <i>Whole Grain Tortillas</i>	Breakfast for Lunch: Pancake, Chicken Sausage & Seasoned Potatoes <i>Syrup</i>	PIZZA FRIDAY <i>Pepperoni or Cheese</i>
<i>Oven Baked Fries in Meal Baby Carrots (1/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Celery Sticks (1/2 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Spinach Salad w/ Ranch Dressing(1 c)</i>
<i>100% Fruit Juice (4 oz) & Apple (1/2 c)</i>	<i>Orange (1/2 c) & Apple (1/2 c)</i>	<i>Banana (1/2 c) & Orange (1/2 c)</i>	<i>Apple Sauce (1/2 c) & Pear (1/2 c)</i>	<i>Orange (1/2 c) & Apple (1/2 c)</i>
All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.				