

High School Lunch Menu

Locally grown foods this month include

Corn on the Cob
Kale
Carrots

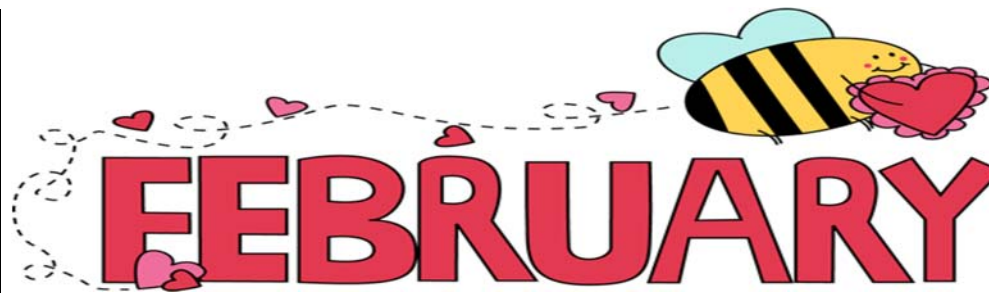
Lunch Pricing

Full Price: \$3.00
Reduced Price: \$0.40
Milk Only: \$0.50
Staff Lunch: \$4.25

ALTERNATE LUNCHES AVAILABLE DAILY

Contact your school's kitchen manager for daily options.

All meals include
2 oz. Meat / Meat Alternate
2 oz. Whole Grains
8 oz. Milk
1 c. Fruit
1 c. Vegetables



View account balances at

MyPaymentsPlus.com

Children qualifying for free or reduced-price lunch also qualify for free or reduced-price breakfast.

Begin the day with a healthy meal!

Mon	Tue	Wed	Thu	Fri
3 Mandarin Orange Chicken over Brown Rice Breadstick Stir Fry Veggies Sliced Peaches	4 Pepperoni & Cheese Calzone with Marinara Dipping Sauce Sesame Roasted Green Beans Applesauce Cup	5 BBQ Beef Rib Sandwich on a Wheat Roll Tater Tots Strawberry Shortcake	6 Pizza Day! Cheese or Chef's Choice Mesclun Mixed Greens Salad Diced Pears	7 Turkey Burger Grinder on a Wheat Roll Seasoned Potato Wedges Baked Beans Fresh Florida Orange
10 Chicken Caesar Wrap with Lettuce and Parmesan Cheese Broccoli & Cranberry Slaw Diced Peaches	11 Cheese Bites with Marinara Dipping Sauce Garlic Bread Kale Caesar Salad Fresh Mac Apple	12 Pot Roast over Mashed Potatoes with Gravy Honey Wheat Biscuit Seasoned Yellow Corn Pineapple Chunks	13 Pizza Day! Cheese or Chef's Choice Spinach Salad with Garbanzo Beans Banana	14 Chicken & Cheese Quesadilla Broccoli with Cheese Sauce Diced Pears
17 No School Today Presidents' Day	18 No School Today Winter Break	19 BBQ Beef Rib Sandwich on a Wheat Roll Roasted Red Potatoes Applesauce Cup	20 Pizza Day! Cheese or Chef's Choice Romaine Caesar Salad Fresh Mac Apple	21 Turkey Ham & Cheese Grinder on a Wheat Roll Waffle Fries Cape Cod Chips Orange Wedges
24 Chicken & Waffles with Warm Syrup Cup Cinnamon Baked Carrots Applesauce Cup	25 Italian Combo Platter Mini Breaded Ravioli Mozzarella Sticks Wheat Breadstick Leafy Green Salad Fresh Florida Orange	26 Beef & Cheese Nachos Spanish Rice with Black Beans Salsa Cup Strawberry Shortcake	27 Pizza Day! Cheese or Chef's Choice Leafy Green Salad Sliced Peaches	28 Roast Turkey & Gravy over Mashed Potatoes Corn on the Cob Honey Wheat Biscuit Cranberry Sauce Red Seedless Grapes

8 oz. low fat or fat-free milk and our **Rainbow Vegetable Tray** offered daily with all lunches.

Please note: Menu is subject to change.