



February 2023 – Fridley High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday, January 30th Main: Orange Chicken Rice & Sweet Chili Chips Roasted Broccoli Assorted Veg & Fruit Growler: Cheeseburger w/Fries Greens & Grains: Parfait, Italian Sub, Buffalo Chicken Wrap	Tuesday, Tuesday 31st Main: Penne Pasta with Marinara Sauce & Meatballs Garlic Bread Assorted Veg & Fruit Growler: Spicy or Regular Crispy Chicken Sandwich Greens & Grains: Shaker Salad, PBJ, Crispy Chicken Salad	Wednesday, February 1st Main: Cheeseburger on Bun Potato Wedges Baked Beans Assorted Veg & Fruit Growler: Mini Corn Dogs Greens & Grains: Parfait, Chicken Caesar Wrap, Taco Salad	Thursday, February 2nd Main: Crispy Chicken Drumstick Dutch Waffle Mixed Veggie Salad Assorted Veggie Salad Growler: Cheese or Pepperoni Pizza Greens & Grains: Cordon Bleu Wrap, PBJ Shaker Salad	Friday, February 3rd Main: Hangry Bear Pizza Roasted Carrots Assorted Veg & Fruit Growler: Cook's Choice Greens & Grains: Parfait, Crispy Chicken Wrap
Monday, February 6th Main: Crispy Chicken Sandwich Parmesan Potatoes Coleslaw Assorted Veg & Fruit Growler: Cheeseburger with Parmesan Potatoes Greens & Grains: Parfait, Italian Sub, Buffalo Chicken Wrap	Tuesday, February 7th Main: Turkey Chili Fritos Assorted Veg & Fruit Growler: Spicy or Regular Crispy Chicken Sandwich Greens & Grains: Shaker Salad, PBJ, Crispy Chicken Salad	Wednesday, February 8th Main: Chicken Alfredo with Penne Pasta Breadstick Roasted Broccoli Assorted Veg & Fruit Growler: Chicken Dumpling with Fried Rice Greens & Grains: Parfait, Chicken Caesar Wrap, Taco Salad	Thursday, February 9th Main: Chicken Burrito Bowl Rice & Chips Southwest Pinto Beans Assorted Veg & Fruit Growler: Cheese or Pepperoni Pizza Greens & Grains: Cordon Bleu Wrap, PBJ, Shaker Salad	Friday, February 10th Main: Chicken Wings Pretzels & Queso Roasted Cauliflower Assorted Veg & Fruit Growler: Cook's Choice Greens & Grains: Parfait, Crispy Chicken Wrap, Turkey Pesto Sandwich
Monday, February 13th Main: Mandarin Orange Chicken Brown Rice Sweet Chili Chips Assorted Veg & Fruit Growler: Cheeseburger with Fries Greens & Grains: Parfait, Italian Sub, Buffalo Chicken Wrap	Tuesday, February 14th Main: Kick'n'Chicken Biscuit Mashed Potatoes Corn Assorted Veg & Fruit Frozen Fruit Cup Growler: Spicy or Regular Crispy Chicken Sandwich Greens & Grains: Shaker Salad, PBJ, Crispy Chicken Salad	Wednesday, February 15th Main: Snack'n Waffles Chicken Sausage Roasted Sweet Potatoes Assorted Veg & Fruit Growler: Lasagna with Garlic Bread Greens & Grains: Parfait, Chicken Caesar Wrap, Taco Salad	Thursday, February 16th Main: Jerk Chicken Thighs Jollaf Rice Corn Bread Garlic Greens Beans Assorted Veg & Fruit Growler: Cheese or Pepperoni Pizza Greens & Grains: Cordon Bleu Wrap, PBJ, Shaker Salad	Friday, February 17th Main: Homemade Pizza Roasted Broccoli Assorted Veg & Fruit Growler: Cook's Choice Greens & Grains: Parfait, Crispy Chicken Wrap, Turkey Pesto Sandwich

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Monday, February 20th No School	Tuesday, February 21st Main: Enchilada Bake & Tostitos Elote Corn Mexican Fixings Assorted Veg & Fruit Growler: Spicy or Regular Crispy Chicken Sandwich Greens & Grains: Shaker Salad, PBJ, Crispy Chicken Salad	Wednesday, February 22nd Main: Tomato Soup Grilled Cheese Mixed Veggie Salad Assorted Veg & Fruit Growler: Mini Corn Dogs with Fries Greens & Grains: Parfait, Chicken Caesar Wrap, Taco Salad	Thursday, February 23rd Main: Gumbo Roasted Broccoli & Cauliflower Assorted Veg & Fruit Growler: Cheese or Pepperoni Pizza Greens & Grains: Cordon Bleu Wrap, PBJ, Shaker Salad	Friday, February 24th Main: Homemade Cheesy Bread Marinara Sauce Steamed Broccoli Assorted Veg & Fruit Growler: Cook's Choice Greens & Grains: Parfait, Crispy Chicken Wrap, Turkey Pesto Sandwich
Monday, February 27th Main: Calzones Roasted Carrots Assorted Veg & Fruit Growler: Cheeseburger with Fries Greens & Grains: Parfait, Italian Sub, Buffalo Chicken Wrap	Tuesday, February 28th Main: Squash Mac & Cheese Chicken Tenders Collard Greens Assorted Veg & Fruit Growler: Spicy & Regular Crispy Chicken Sandwich Greens & Grains: Shaker Salad, PBJ, Crispy Chicken Salad	Wednesday, March 1st Main: Walking Beef Tacos Mexican Beans Mexican Fixings Assorted Veg & Fruit Growler: Calzone Greens & Grains: Parfait, Chicken Caesar Wrap, Taco Salad	Thursday, March 2nd Main: Beef Sambusa Cheesy Bread Seasoned Rice Assorted Veg & Fruit Growler: Cheese or Pepperoni Pizza Greens & Grains: Cordon Bleu Wrap, PBJ, Shaker Salad	Friday, March 3rd Main: Cook's Choice Growler: Cook's Choice Greens & Grains: Parfait, Crispy Chicken Wrap, Turkey Pesto Sandwich