

# FEBRUARY 2024

## GLUTEN FREE – High School

### LUNCH

Second Lunch \$4.95 Just Milk \$.60 Extra Entree \$2.75  
**Trays must have at least ½ cup of fruit/vegetables on them to receive the \$0.00 charge.**  
**If they do not, they will be charged Ala Carte prices.**

**February is American Heart Month.** Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

Menu is subject to change.  
This institution is an equal opportunity provider.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Waffles  
Turkey Sausage Link  
Sunset Sip  
Smile Fries  
Variety of Fruit

5

Turkey Gravy  
Mashed Potato  
Sliced Bread x2  
Green Beans  
Variety of Fruit

6

Corn Dog  
Sweet Potato Fries  
Baked Beans  
Variety of Fruit

7

Burrito Bowl - Chicken  
Brown Rice  
Chip  
Black Beans  
Pico  
Shred Rom Lettuce  
Variety of Fruit

1

Grilled Chicken Sandwich  
Garden Salad  
Cherry Tomatoes  
Variety of Fruit

2

Walking Chicken Taco  
Refried Beans  
Shred Lettuce  
Pico de Gallo  
Baby Carrots  
Variety of Fruit

8

Grilled Cheese  
Broccoli  
Fresh Celery  
Variety of Fruit

9

Hot Dog  
Carrots  
Corn  
Variety of Fruit

12

Chicken Alfredo Bake  
Bread  
Fresh Broccoli  
Green Beans  
Variety of Fruit

13

Chicken Nuggets  
Sliced Bread  
Smile Fries  
Corn  
Variety of Fruit

14

Grilled Chicken Sandwich  
Garden Salad  
Cherry Tomatoes  
Valentine Shape Up  
Variety of Fruit

15

**NO SCHOOL**

16

**NO SCHOOL**

19

Omelet  
Muffin  
Sunset Sip  
Smile Fries  
Variety of Fruit

20

Chicken Nuggets  
Sliced Bread  
Sugar Snap Peas  
Carrots  
Variety of Fruit

21

Walking Chicken Taco  
Fiesta Beans  
Shred Romaine Lettuce  
Pico  
Baby Carrots  
Variety of Fruit

22

Grilled Chicken Sandwich  
Garden Salad  
Cherry Tomatoes  
Variety of Fruit

23

Waffles  
Turkey Sausage Patty  
Sunset Sip  
Celery Sticks  
Variety of Fruit

26

Pasta  
Meat Sauce  
Bread  
Broccoli  
Green Beans  
Variety of Fruit

27

Corn Dog  
Sweet Potato Fries  
Baked Beans  
Variety of Fruit

28

Chicken Nachos  
Refried Beans  
Shred Lettuce  
Pico de Gallo  
Variety of Fruit  
Sliced Bread

29