



February 2024 – Fridley High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Monday, January 29th Main: Orange Chicken Brown Rice Sweet Chili Doritos Sesame Green Beans Assorted Fruits & Vegetables Growler Grill: Mango Jalapeno Burger Greens & Grains: Parfait, PBJ Box, Italian Sub, Crispy Chicken Salad</p>	<p>Tuesday, January 30th Main: Turkey Meatball in Marinara Sauce Penne Pasta Breadstick Corn Assorted Fruits & Vegetables Growler Grill: Regular or Spicy Crispy Chicken Sandwich Greens & Grains: Parfait, PBJ Box, Chicken Caesar Wrap, Backyard BBQ Chicken Salad</p>	<p>Wednesday, January 31st Main: Chicken Burrito Bowl Brown Rice Tortilla Chips Queso Pinto Beans Mexican Fixings Assorted Fruits & Vegetables Growler Grill: Cheese Quesadilla Greens & Grains: Parfait, PBJ Box, Chipotle Sub Sandwich, Taco Salad</p>	<p>Thursday, February 1st Main: Lasagna Roll-Up Breadstick Mixed Green Salad Assorted Fruits & Vegetables Growler Grill: Pizza Greens & Grains: Parfait, PBJ Box, Buffalo Chicken Wrap, Southwest Salad</p>	<p>Friday, February 2nd Main: Big Daddy's Pizza Roasted Carrots Assorted Fruits & Vegetables Growler Grill: Cook's Choice Greens & Grains: Parfait, PBJ Box, Turkey Pesto Sub, Buffalo Chicken Salad</p>
<p>Monday, February 5th Main: Regular or Spicy Crispy Chicken Sandwich Roasted Parmesan Potatoes Assorted Fruits & Vegetables Growler Grill: Big Mac Burger Greens & Grains: Parfait, PBJ Box, Italian Sub, Crispy Chicken Salad</p>	<p>Tuesday, February 6th Main: Chicken Tikka Masala Brown Rice Breadstick Curry Cauliflower Assorted Fruits & Vegetables Growler Grill: Regular or Spicy Crispy Chicken Sandwich Greens & Grains: Parfait, PBJ Box, Chicken Caesar Wrap, Backyard BBQ Chicken Salad</p>	<p>Wednesday, February 7th Main: Turkey Chili Fritos Sweet Potato Cobbler Assorted Fruits & Vegetables Growler Grill: Mozz Bites Greens & Grains: Parfait, PBJ Box, Chipotle Sub Sandwich, Taco Salad</p>	<p>Thursday, February 8th Main: Asian Noodle Bowl Turkey Meatballs Chicken Dumplings Roasted Broccoli Assorted Fruits & Vegetables Growler Grill: Pizza Greens & Grains: Parfait, PBJ Box, Buffalo Chicken Wrap, Southwest Salad</p>	<p>Friday, February 9th Main: Chicken Wings Soft Pretzel Queso Roasted Carrots Assorted Fruits & Vegetables Growler Grill: Cook's Choice Greens & Grains: Parfait, PBJ Box, Turkey Pesto Sub, Buffalo Chicken Salad</p>
<p>Monday, February 12th Main: General Tso Chicken Brown Rice Sweet Chili Chips Roasted Broccoli Edamame Assorted Fruits & Vegetables Growler Grill: Big Mac Burger Greens & Grains: Parfait, PBJ Box, Italian Sub, Crispy Chicken Salad</p>	<p>Tuesday, February 13th Main: Kick'n'Chicken Mashed Potatoes Biscuits Corn Gravy Assorted Fruits & Vegetables Growler Grill: Regular or Spicy Crispy Chicken Sandwich Greens & Grains: Parfait, PBJ Box, Chicken Caesar Wrap, Backyard BBQ Chicken Salad</p>	<p>Wednesday, February 14th Main: Southwest Chicken Burger on Bun Roasted Green Beans Frozen Froot Jooce Cup Assorted Fruits & Vegetables Growler Grill: Fried Rice and Chicken Dumplings Greens & Grains: Parfait, PBJ Box, Chipotle Sub Sandwich, Taco Salad</p>	<p>Thursday, February 15th Main: Chicken Alfredo Penne Pasta Breadstick Roasted Broccoli Assorted Fruits & Vegetables Growler Grill: Pizza Greens & Grains: Parfait, PBJ Box, Buffalo Chicken Wrap, Southwest Salad</p>	<p>Friday, February 16th Main: Homemade Pizza Roasted Carrots Assorted Fruits & Vegetables Growler Grill: Cook's Choice Greens & Grains: Parfait, PBJ Box, Turkey Pesto Sub, Buffalo Chicken Salad</p>

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<p>Monday, February 19th</p> <p>No School</p>	<p>Tuesday, February 20th Main: Hamburger or Cheeseburger on Bun Crinkle Cut Fries Baked Beans Assorted Fruits & Vegetables Growler Grill: Regular or Spicy Crispy Chicken Sandwich Greens & Grains: Parfait, PBJ Box, Chicken Caesar Wrap, Backyard BBQ Chicken Salad</p>	<p>Wednesday, February 21st Main: Squash Mac'n'Cheese Chicken Nuggets Roasted Broccoli Assorted Fruits & Vegetables Growler Grill: Cheese Quesadilla Greens & Grains: Parfait, PBJ Box, Chipotle Sub Sandwich, Taco Salad</p>	<p>Thursday, February 22nd Main: Lasagna Rollup Breadstick Caesar Salad Assorted Fruits & Vegetables Growler Grill: Pizza Greens & Grains: Parfait, PBJ Box, Buffalo Chicken Wrap, Southwest Salad</p>	<p>Friday, February 23rd Main: Cook's Choice Buffalo Roasted Cauliflower Assorted Fruits & Vegetables Growler Grill: Cook's Choice Greens & Grains: Parfait, PBJ Box, Turkey Pesto Sub, Buffalo Chicken Salad</p>
<p>Monday, February 26th Main: Beef Sambusa Cheesy Breadstick Turmeric Rice Roasted Carrots Assorted Fruits & Vegetables Growler Grill: Big Mac Burger Greens & Grains: Parfait, PBJ Box, Italian Sub, Crispy Chicken Salad</p>	<p>Tuesday, February 27th Main: Crispy Chicken Drumstick Maple Waffle Collard Greens Assorted Fruits & Vegetables Growler Grill: Regular or Spicy Crispy Chicken Sandwich Greens & Grains: Parfait, PBJ Box, Chicken Caesar Wrap, Backyard BBQ Chicken Salad</p>	<p>Wednesday, February 28th Main: Pulled BBQ Chicken on Bun Sweet Potato Wedges Coleslaw Assorted Fruits & Vegetables Growler Grill: Boneless Chicken Wings & Chips Greens & Grains: Parfait, PBJ Box, Chipotle Sub Sandwich, Taco Salad</p>	<p>Thursday, February 29th Main: Taco Beef Walking Taco Chips Mexican Beans Mexican Fixings Assorted Fruits & Vegetables Growler Grill: Pizza Greens & Grains: Parfait, PBJ Box, Buffalo Chicken Wrap, Southwest Salad</p>	<p>Friday, March 1st Main: Chicken Wings Soft Pretzel Queso Steamed Corn Assorted Fruits & Vegetables Growler Grill: Cook's Choice Greens & Grains: Parfait, PBJ Box, Turkey Pesto Sub, Buffalo Chicken Salad</p>