

Poland Seminary High School  
**LUNCH - FEBRUARY 2025**

**MENUS SUBJECT TO CHANGE**



Food Service Director:

Wendy Miller  
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**What Makes a Meal?**  
 You must choose at least **3 of 5 components** available for the school lunch price.  
 Choice of Meat/Meat Alternate  
 Choice of Vegetable, Choice of Fruit\*  
 Choice of Grain and Choice of Milk  
 \*Students must choose **at least one fruit or vegetable**

**Full Lunch: \$3.00; Lunch Entrée': \$2.00**

Daily additional meal options may include:  
**Grill Options:**  
 Cheeseburger  
 Breaded Chicken Sandwich  
 Spicy Chicken Sandwich  
**Deli Options:**  
 A variety of wraps, salads and hoagies  
 Wow-Butter & Jelly Sandwiches  
 Bistro Boxes  
 Fruit & Yogurt Parfaits

**Fresh Fruits and Vegetables Offered Daily**  
**Fruit/Veggie Side: \$1.00**

**\*Vegetables may include:**  
 Broccoli Florets  
 Baby Carrots  
 Dark Leafy Greens  
 Legume Salads  
 Celery  
 Red/Green Peppers  
 Cucumber  
 \*May choose two 1/2 cup servings

**\*Fruits may include:**  
 Crisp Apple  
 Fresh Orange  
 Banana  
 Apple Slices  
 Grapes  
 Blueberries  
 Strawberries  
 \*May choose one 1/2 cup serving

**Milk Choices Offered Daily**  
 Fat Free Chocolate & Low Fat White  
**Milk: \$.65**

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
French Toast Sticks w/ 2 Sausage Patties Crispy Tater Tots Strawberries & Cream Fiestada Pizza	Beef Nachos w/ Cheddar Cheese & Fresh Bread Black Bean & Corn Salad Fresh Petite Banana Juicy Hamburger on a Bun	Cheese Pizza Oven Roasted Carrots Diced Peaches Corn Dog Nuggets	Pulled Pork Soft Tacos Seasoned Steamed Peas Red Delicious Apple Grilled Cheese Sandwich	Breaded Chicken Parmesan Sandwich Baked French Fries Diced Peaches Bosco Sticks w/Dipping Sauce
10	11	12	13	14
General Tso Chicken Bowl Seasoned Steamed Broccoli Fresh Petite Banana BBQ Grilled Chicken Sandwich	Buffalo Chicken Dipper Seasoned Steamed Cauliflower Refreshing Mixed Fruit French Bread Pizza	Cheese Pizza Broccoli Salad Red Delicious Apple Chicken Nuggets	Steamed Dumplings Fluffy White Rice Seasoned Steamed Green Beans Applesauce Crispy Fish Sandwich	
17	18	19	20	21
	French Toast Sticks w/ 2 Sausage Patties Crispy Tater Tots Strawberries & Cream Corn Dog Nuggets	Cheese Pizza Green Beans Red Delicious Apple Juicy Hamburger on a Bun	Boneless Wings w/Garlic Toast Baked French Fries Blueberries Chicken Nuggets	Soft Beef & Cheese Tacos Black Beans Diced Peaches Fiestada Pizza
24	25	26	27	28
Crispy Chicken Nuggets w/ Buttered Noodles Seasoned Steamed Golden Corn Diced Peaches Corn Dog Nuggets	Bacon Cheeseburger on a Bun Seasoned Steamed Broccoli Red Delicious Apple Hot Ham & Cheese on Ciabatta	Cheese Pizza Seasoned Steamed Green Beans Fresh Orange Grilled Cheese Sandwich	Chicken & Cheese Soft Tacos Black Beans Diced Pears French Bread Pizza	Sausage, Egg, & Cheese Bagel Crispy Tater Tots Applesauce Fiestada Pizza

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