



**Director of Food & Nutrition**

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Mandarin Orange Chicken Bowl w/ Rice</b> Grilled Cheese Sandwich Steamed Broccoli Applesauce	<b>3</b> <b>French Toast Sticks &amp; Sausage Patties</b> Hot Turkey & Cheese on Pretzel Bun Sweet Potato Fries Diced Pears	<b>4</b> <b>Nashville Hot Honey Chicken Sandwich</b> Corn Dog Nuggets Seasoned Green Beans Mandarin Oranges	<b>5</b> <b>Pizza Hut Day!</b> Pepperoni, Cheese or Buffalo Chicken Pizza Chicken Patty Sandwich Golden Corn Pineapple Tidbits	<b>6</b> <b>Super Bowl Friday!</b> Buffalo Chicken Dipper w/ Sliced Bread Cheeseburger on Bun Crispy French Fries 100% Fruit Juice
<b>9</b> <b>BBQ Pulled Pork Sandwich</b> Chicken Corn Dog on a Stick Candied Carrots Cinnamon Applesauce	<b>10</b> <b>Popcorn Chicken Bowl w/ Sliced Bread</b> BBQ Rib Sandwich Mashed Potatoes Diced Peaches	<b>11</b> <b>Beef &amp; Cheese Nachos w/ Sliced Bread</b> Chicken Nuggets w/ Sliced Bread Mixed Vegetables Fresh Apple Slices	<b>12</b> <b>Chicken Tikka Masala w/ Brown Rice</b> Hot Turkey & Cheese on Ciabatta Bun Steamed Broccoli Pineapple Tidbits	<b>13</b> <b>Sloppy Joe Sandwich</b> Corn Dog Nuggets Golden Corn Mandarin Oranges
<b>16</b>  <b>PRESIDENTS DAY</b> NO SCHOOL	<b>17</b> <b>Honey BBQ Boneless Wings</b> Hot Ham & Cheese on Ciabatta Bun Sweet Potato Fries Watermelon Craisins	<b>18</b> <b>Macaroni &amp; Cheese w/ Garlic Toast</b> Chicken Corn Dog on a Stick Seasoned Broccoli Florets Applesauce Cup	<b>19</b> <b>Cheese Ravioli w/ Marinara Sauce</b> Cheeseburger on Bun Steamed Golden Corn Diced Pears	<b>20</b> <b>Breaded Fish Sandwich</b> Chicken Nuggets w/ Buttered Noodles Steamed Peas Petite Banana
<b>23</b> <b>Oven Roasted Turkey w/ Gravy</b> BBQ Pulled Pork Sandwich Mashed Potatoes Blueberries w/ Whip	<b>24</b> <b>National Tortilla Chip Day!</b> Chicken & Cheese Nachos w/ Sliced Bread Sloppy Joe Sandwich Seasoned Green Beans Mandarin Oranges	<b>25</b> <b>Breaded Pork Patty w/ Buttered Noodles</b> Meatball Hoagie Sweet Succulent Peas 100% Fruit Juice	<b>26</b> <b>National Chili Day! Chili Cheese Dog</b> Popcorn Chicken w/ Sliced Bread Steamed Corn Diced Pears	<b>27</b> <b>Italian Dunkers w/ Marinara Sauce</b> Cheeseburger on Bun Diced Carrots 100% Fruit Juice

**We love being able to help you eat healthy.**

**WHAT MAKES A MEAL?**  
 You must choose at least 3 of 5 components available for the school lunch price.  
 Choice of Meat or Meat Alternate  
 Choice of Vegetable, Choice of Fruit\*  
 Choice of Grain/Bread, and Choice of Milk  
 \*Students must choose at least one fruit or vegetable

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**MILK OPTIONS**  
 1% White, Fat Free Chocolate, Fat Free Strawberry

**FRUIT & VEGGIE OPTIONS**  
 Broccoli Florets | Baby Carrots  
 Dark Leafy Greens | Legume Salads  
 Celery & Cucumber  
 \*May choose two 1/2 cup servings  
 Crisp Apple | Sliced Peaches | Mixed Fruit  
 Fresh Orange | Banana | Pineapple Tidbits  
 Diced Pears | Applesauce

\*\*Proudly serving unlimited fruits & vegetables to MASD students!\*\*

**DELI**  
 Turkey Chef Salad  
 Ham Chef Salad  
 Italian Salad  
 Turkey & Cheese Wrap  
 Ham & Cheese Wrap  
 Italian Wrap

**ALT. HOT ENTREES**  
 Pepperoni Pizza / Cheese Pizza  
 Cheeseburger / Chicken Patty on Bun  
 Hot Dog / Corn Dog Nuggets  
 BBQ Rib Sandwich / Popcorn Chicken

