

Cap High Lunch Menu



February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
For more information on the menu items, such as allergens, visit SchoolCafe.com/MMSD		This institution is an equal opportunity provider	 mmsd_schoolfood  MMSD School Food	
2 Bosco Sticks Chicken Tenders Chicken Caesar Salad Ranch Salad Blueberries Applesauce Cup Chickpeas Carrots	3 Cheese Pizza Chicken Patty Sandwich Chef Salad Caesar Salad Strawberries Apple Slices Carrots Fire-Roasted Corn	4 Wing Wednesday: Buffalo Bosco Sticks Chicken Caesar Salad Italian Salad Banana Blueberries Cauliflower Pickles	5 Pepperoni Pizza Bean & Cheese Burrito Chef Salad Ranch Salad Pears Strawberries Carrots Grape Tomatoes	6 Sriracha Honey Boneless Wings Grilled Cheese Chicken Caesar Salad Caesar Salad Blueberries Craisins Cauliflower Carrots
9 Chicken Drumstick & Biscuit Bosco Sticks Chicken Caesar Salad Strawberries, Applesauce, Chickpeas, Celery Italian Salad	10 Chicken Tenders & Biscuit Taco Sticks Bean and Cheese Burrito Chef Salad Blueberries Apple Slices Baby Carrots, Celery Ranch Salad	11 Wing Wednesday: BBQ Spicy Grilled Cheese Chicken Caesar Salad Strawberries, Banana Potato Salad Broccoli Caesar Salad	12 Pepperoni Pizza Chicken Tenders & Biscuit Chef Salad Blueberries, Peaches, Cucumbers, Corn Italian Salad	13 Cheese Pizza Cheeseburger and Waffles Fries Chicken Patty Sandwich Chicken Caesar Salad Strawberries, Craisins, Roasted Curried Sweet Potatoes, Cauliflower Ranch Salad
16 Hot Dog & Waffle Fries Chicken Tenders Bosco Sticks Chicken Caesar Salad Caesar Salad Blueberries Applesauce Cup Chickpeas Pickles	17 Meatloaf & Seasoned Potatoes Chicken Patty Sandwich Cheese Pizza Chef Salad Italian Salad Apple Slices Strawberries Carrots Celery	18 Wing Wednesday: Sriracha Honey Bosco Sticks Chicken Caesar Salad Ranch Salad Blueberries Bananas Grape Tomatoes Cauliflower	19 Pepperoni Pizza Beef Taco Salad Bean & Cheese Burrito Chef Salad Caesar Salad Diced Pears Strawberries Fire-Roasted Corn Cucumber Slices in Tangy Yogurt Sauce	20 No School
23 Chicken Tenders & Biscuit with Fries Bosco Sticks Chicken Caesar Salad Ranch Salad Strawberries Applesauce Cup Chickpeas Celery	24 Cheese Pizza Cheesy Pull-Aparts Chef Salad Caesar Salad Blueberries Apple Slices Carrots Grape Tomatoes	25 Wing Wednesday: Sweet Chili Grilled Cheese Chicken Caesar Salad Italian Salad Strawberries Bananas Coleslaw Fire-Roasted Corn	26 Pepperoni Pizza Three Cheese Calzone Chef Salad Ranch Salad Blueberries Peaches Broccoli Celery	27 Cheese Pizza Chicken Patty Sandwich Chicken Caesar Salad Craisins Caesar Salad Strawberries Bell Pepper Strips Salsa



MILK OFFERED DAILY
 Skim Chocolate, 1% White and Skim White