



# High School Menu February 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Blueberry Muffin & String Cheese	Breakfast Pizza	Sausage Biscuit	*Mini French Toast	Sausage Griddle Cake Sandwich
Premium Pizza *Cheese OR Pepperoni Chicken Fajita w/Rice & Tortilla Hamburger OR Cheeseburger Chef Salad w/CROUTONS & Tortilla <i>Seasoned Green Beans</i> <i>Glazed Fresh Carrots</i> <i>Baked Seasoned Fries</i> <i>Variety of Salads and Fruit</i> 1	Carolina Dog (Chili) Mandarin Chicken & Broccoli over Lo Mein w/Roll Supreme Personal Pizza Chicken Caesar Salad w/CROUTONS & Tortilla <i>Brown Sugar Baked Beans</i> <i>Fresh Steamed Broccoli</i> <i>Variety of Salads and Fruits</i> 2	*Stuffed Cheese Sticks w/Marinara Chicken & Broccoli Alfredo w/Roll Chef Salad w/CROUTONS & Roll <i>Green Peas &amp; Carrots</i> <i>Tator Tots</i> <i>Variety of Salads and Fruits</i> 3	Chicken Filet Sandwich BBQ Meatballs w/Rice & Roll Build a Hoagie Taco Salad w/Tortilla Chips <i>Baked Potato</i> <i>Fresh Steamed Spinach</i> <i>Variety of Salads and Fruits</i> 4	Crispy Fish Nuggets & Hushpuppies Mexican Beef & Queso w/Tortilla Chips OR *Queso w/Tortilla Chips Chicken Caesar Salad w/CROUTONS & Tortilla <i>Sweet Kernel Corn</i> <i>Black Beans</i> <i>Variety of Salads and Fruits</i> 5
Chicken Biscuit	*Stuffed Cheese Breadstick	Breakfast Sausage on a Stick	Steak Sandwich	*Blueberry Mini Waffles
Premium Pizza *Cheese OR Pepperoni Beef Enchiladas Spicy Chicken Sandwich Chef Salad w/CROUTONS & Tortilla <i>Sweet Kernel Corn</i> <i>Seasoned Pinto Beans</i> <i>Variety of Salads and Fruits</i> 8	Premium Chicken Tenders w/Breadstick *Veggie Lasagna & Breadstick Chicken Caesar Salad w/CROUTONS & Tortilla <i>Potato Wedges</i> <i>Glazed Fresh Carrots</i> <i>Variety of Salads and Fruits</i> 9	Meatball Sub Cherry Blossom Chicken w/Rice & Roll *Garlic Bread Pizza Chef Salad w/CROUTONS & Roll <i>Seasoned Green Beans</i> <i>Oriental Stir Fry Vegetables</i> <i>Variety of Salads and Fruits</i> 10	Hamburger OR Cheeseburger BBQ Chicken w/Roll OR Roasted Chicken w/Roll Chicken Caesar Salad w/CROUTONS & Tortilla <i>Brown Sugar Baked Beans</i> <i>Fresh Steamed Collard Greens</i> <i>Baked Seasoned Fries</i> <i>Variety of Salads and Fruits</i> 11	Fish Sandwich *Macaroni and Cheese w/Sweet Potato Square or Muffin Build a Hoagie Chef Salad w/CROUTONS & Tortilla <i>Fresh Steamed Broccoli</i> <i>Glazed Sweet Potatoes</i> <i>Variety of Salads and Fruits</i> 12
No School	Breakfast Pizza	Sausage Biscuit	*Mini French Toast	Sausage Griddle Cake Sandwich
TEACHER WORKDAY	Corn Dog *Mini Cheese Ravioli w/Breadstick Hamburger OR Cheeseburger Chicken Caesar Salad w/CROUTONS & Tortilla <i>California Vegetables</i> <i>Fresh Steamed Spinach</i> <i>Variety of Salads and Fruits</i> 16	*Stuffed Cheese Sticks w/Marinara Chicken & Broccoli Alfredo w/Roll Chef Salad w/CROUTONS & Roll <i>Fresh Steamed Broccoli</i> <i>Potato Wedges</i> <i>Variety of Salads and Fruits</i> 17	Chicken Filet Sandwich Beef Teriyaki Strips w/Fried Rice & Roll Build A Hoagie Taco Salad w/Tortilla Chips <i>Mashed Potatoes</i> <i>Green Peas &amp; Carrots</i> <i>Variety of Salads and Fruits</i> 18	Supreme Personal Pizza Mexican Beef & Queso w/Tortilla Chips OR *Queso w/Tortilla Chips Chicken Caesar Salad w/CROUTONS & Tortilla <i>Sweet Kernel Corn</i> <i>Black Beans</i> <i>Variety of Salads and Fruits</i> 19
Chicken Biscuit	*Stuffed Cheese Breadstick	Breakfast Sausage on a Stick	*Blueberry Mini Waffles	Steak Sandwich
Premium Pizza *Cheese OR Pepperoni Asian Spicy Chicken w/Lo Mein & Roll Spicy Chicken Sandwich Chicken Caesar Salad w/CROUTONS & Tortilla <i>Sweet Kernel Corn</i> <i>Oriental Sir Fry Vegetables</i> <i>Variety of Salads and Fruits</i> 22	Premium Chicken Tenders w/Roll Rotini w/Meat Sauce & Roll Chef Salad w/CROUTONS & Roll <i>California Vegetables</i> <i>Potato Wedges</i> <i>Variety of Salads and Fruits</i> 23	Chopped Chicken BBQ Sandwich Salisbury Steak w/Roll Build a Hoagie Chicken Caesar Salad w/CROUTONS & Tortilla <i>Mashed Potatoes</i> <i>Seasoned Green Beans</i> <i>Variety of Salads and Fruits</i> 24	Hamburger OR Cheeseburger BBQ Chicken w/Roll OR Roasted Chicken w/Roll Chef Salad w/CROUTONS & Roll <i>Fresh Steamed Collard Greens</i> <i>Glazed Sweet Potatoes</i> <i>Variety of Salads and Fruits</i> 25	Fish Sandwich *Macaroni & Cheese w/Sweet Potato Square or Muffin *Garlic Bread Pizza Chicken Caesar Salad w/CROUTONS & Tortilla <i>Fresh Steamed Broccoli</i> <i>Black-Eyed Peas</i> <i>Baked Seasoned Fries</i> <i>Variety of Salads and Fruits</i> 26

Learn to LOVE a new fruit or vegetable this month! Get a second vegetable and fall in love with it!

**HAPPY VALENTINE'S DAY!**



**Black History Month originated in 1926 by Carter Godwin Woodson.**

The month of February was chosen in honor of Frederick Douglass and Abraham Lincoln, who were both born in that month.

**Breakfast offerings may also include:**  
4 oz. Yogurt with Graham Crackers, Cereal with String Cheese, or NutriGrain Bar with String Cheese

**Daily Lunch Offerings include:**  
Yogurt with String Cheese (Vegetarian) and Hummus with Tortilla (Vegan)

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Use [www.paypams.com](http://www.paypams.com) for pre-payments & monitoring

\*Indicates vegetarian entrée for Breakfast and Lunch. This institution is an equal opportunity provider. Menu is subject to change without prior notice.