

## JUNIOR HIGH LUNCH MENU/FEBRUARY 1 - 28, 2019

MENU SUBJECT TO CHANGE

SALAD BAR OFFERED DAILY

**TWO COMPONENTS MAY BE DECLINED BUT MUST HAVE ½ c FRUIT OR VEGETABLE**

IN ACCORDANCE WITH FEDERAL LAW AND U.S. DEPARTMENT OF AGRICULTURE POLICY, THIS INSTITUTION IS PROHIBITED FROM DISCRIMINATING ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, SEX, AGE, OR DISABILITY.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 WG CHEESE, WG PEPPERONI, OR SAUSAGE PIZZA SLICE GREEN BEANS CORN PEARS, APPLE SLICES, OR PINEAPPLE MILK
4 CHICKEN TENDERS w/bbq or sweet/sour MASHED POTATOES & GRAVY PEAS WG BISCUIT APPLESAUCE, MIXED FRUIT, OR PEACHES MILK	5 CORN DOG w/catsup/mustard or BURRITO w/salsa TATER TOTS PORK & BEANS MANDARIN ORANGES, APPLESAUCE, OR PEARS MILK	6 CHICKEN & NOODLES GLAZED CARROTS LETTUCE SALAD w/ff dressing DICED TOMATOES & CUCUMBERS WG BREAD SLICE APPLESAUCE, MANDARIN ORANGES, OR PEACHES MILK	7 BREADED MOZZARELLA STICKS w/marinara sauce ¼ c GREEN BEANS CORN MIXED FRUIT, PINEAPPLE, OR PEARS MILK	8 GENERAL TSO OR ORANGE CHICKEN ASIAN FRIED RICE STEAMED BROCCOLI EGG ROLL w/sweet & sour MANDARIN ORANGES, PEACHES, OR PINEAPPLE FORTUNE COOKIE MILK
11 CHICKEN FRYZE w/bbq or sweet/sour SAVORY CUBES BAKED BEANS WG PRETZEL ROD W/CHEESE MANDARIN ORANGES, PEACHES, OR APPLESAUCE MILK	12 CHEESEBURGER ON WG BUN w/catsup/mustard/pickles OVEN FRIES CELERY & CARROT STICKS ¼ c ea w/ff dip ORANGE, PINEAPPLE, OR PEARS MILK	13 RAVIOLI W/MEAT SAUCE CORN GREEN BEANS WW GARLIC BREADSTICKS APPLE SLICES, PINEAPPLE, OR RAISINS MILK	14 WG CHEESE OR CHICKEN QUESADILLA W/SALSA/SOUR CREAM SEASONED BLACK BEANS LETTUCE SALAD ½ c w/tomatoes, cucumbers, ff dressing MANDARIN ORANGES, PEACHES, OR MIXED FRUIT MILK	15  PARENT TEACHER CONFERENCE  NO SCHOOL
18  PRESIDENT'S DAY  NO SCHOOL	19 WG POPCORN CHICKEN w/bbq or sweet/sour MASHED POTATOES & GRAVY GLAZED CARROTS WG BISCUIT MANDARIN ORANGES, APPLESAUCE, OR PEARS MILK	20 TURKEY MANHATTAN (Turkey Gravy, Mashed Potatoes, Bread Slice) GREEN BEANS APPLE SLICES, PINEAPPLE OR RAISINS MILK	21 NACHO GRANDE SALSA/SOUR CREAM SHREDDED LETTUCE ½ c CHEESE DICED TOMATOES REFRIED BEANS PEARS, PEACHES, OR PINEAPPLE MILK	22 TERIYAKI CHICKEN ASIAN FRIED RICE CORN EGG ROLL w/sweet & sour PINEAPPLE, MANDARIN ORANGES, OR MIXED FRUIT, GRAHAM CRACKERS MILK
25 WG CHICKEN NUGGETS w/bbq or sweet/sour SWEET POTATO PUFFS GREEN BEANS WG PRETZEL ROD w/CHEESE SAUCE APPLESAUCE, PINEAPPLE OR PEACHES MILK	26 BBQ RIB ON WG BUN w/pickles SAVORY WEDGES PINTO BEANS APPLE SLICES, PEARS, OR ORANGE OATMEAL RAISIN COOKIE MILK	27 SPAGHETTI w/MEAT SAUCE CORN LETTUCE SALAD w/ diced tomatoes & cucumbers, ff dressing GARLIC BREAD MANDARIN ORANGES, PEARS, OR MIXED FRUIT MILK	28 WG CHICKEN PATTY ON WG BUN w/mayo/pickles SCALLOPED POTATOES PEAS MANDARIN ORANGES, PEACHES, OR APPLESAUCE MILK	

\*WG/Whole Grain Rich