

# MS/HS LUNCH MENU

# February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 Grilled Cheese Sandwich Tomato Soup or Chicken Fajitas Spanish Rice	2 Goulash w/ Breadstick or Turkey Noodles Mashed Potatoes  Cookie	3 Super Nachos or Macaroni & Cheese  Corn	4 Pizza or Breaded Chicken Sandwich Tater Tots  Green Beans  Ice Cream Sandwich	5 No School!  HS – Chef's Choice
8 Cheeseburger w/ Bun French Fries or Scalloped Potatoes & Ham  Cookie	9 Grilled Chicken w/ Rice & Gravy or Hamburger Potato Casserole  Steamed Broccoli w/ Cheese	10 Biscuits & Gravy or Pancakes  Sausage or Ham  Scrambled Eggs	11 Roast Turkey Mashed Potatoes & Gravy w/ Roll or Hot Pocket  Corn	12 Pizza or Heart Chicken Nuggets  Green Beans  Cookie
15 No School! Teacher In-Service	16 Spaghetti & Meatballs w/ Garlic Breadstick or Ham & Cheese Sub  Chocolate Ice Cream	17 Hot Dog w/ Bun or Cheeseburger w/Bun  Baked Beans	18 Chicken Rings or Italian Dunkers  California Blend Vegetables	19 Pizza or Fish Sandwich  Green Beans  Brownie
22 Breaded Chicken Sandwich Potato Wedges or Ravioli w/ Garlic Breadstick Peas	23 Mini Corn Dogs or Tater Tot Casserole  Steamed Broccoli w/ Cheese  Chocolate Cake	24 Super Mexican Potatoes or Turkey Cheese Sub  Corn	25 Fried Chicken or Salisbury Steak Mashed Potatoes w/ Gravy  Dinner Roll	26 Pizza or Stuffed Shells w/ Marinara Sauce  Green Beans  Cookie

## School Lunches

All lunches served include:  
Choice of ½ pint (8oz)  
1% white milk or  
skim chocolate milk.  
Salad Bar (featuring fresh  
fruits & vegetables)

Meals must include 2-4 items:  
\* You must choose main entrée  
\* You may choose 1-2 sides  
\* You may choose 1 milk

## Meal Prices

Student Lunch	\$2.55
Adult Lunch	\$3.00
Extra Entrée	\$1.55
Extra Milk	\$0.40

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opportunity employer