

February Menu

District Menu for All Elementary, Middle & High Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<p>Breakfast Sausage Biscuit</p> <p>Lunch Chili Mac Tossed Salad Seasoned Corn Deluxe Fruit Salad</p> <p>Fresh Express Manager's Choice</p>	<p>Breakfast Fruit Frudel</p> <p>Lunch Grilled Chicken Sandwich Sandwich Trimmings Waffle Fries Red Delicious Apple</p> <p>Fresh Express Manager's Choice</p>	<p>Breakfast Baked Cinnamon Roll</p> <p>Lunch Salisbury Steak Mashed Potatoes & Gravy Green Beans Texas Toast Glazed Banana & Strawberries</p> <p>Fresh Express Manager's Choice</p>
6	7	8	9	10
<p>Breakfast Yogurt & Graham Crackers</p> <p>Lunch Egg Roll w/Veg. Fried Rice Broccoli w/Cheese Sauce Dinner Roll Pineapple Tidbits</p> <p>Fresh Express Manager's Choice</p>	<p>Breakfast Pancake Pup</p> <p>Lunch Toasted Ham & Cheese Sandwich Vegetable Soup Baby Carrots w/ ranch Orange Wedges</p> <p>Express Fresh Manager's Choice</p>	<p>Breakfast Morning Sausage Roll</p> <p>Lunch Chicken Alfredo California Veggies Bread Stick Raisins</p> <p>Fresh Express Manager's Choice</p>	<p>Breakfast Waffle</p> <p>Lunch Pizzata Italian Pasta Salad Broccoli Florets w/ ranch Sliced Peaches</p> <p>Fresh Express Manager's Choice</p>	<p>Breakfast French Toast Sticks w/ Sausage link</p> <p>Lunch Soft Shell Beef Tacos Lettuce, Cheese & Salsa Mexicali Corn Red Seedless Grapes</p> <p>Fresh Express Manager's Choice</p>
13	14	15	16	17
<p>Breakfast Fruit Frudel</p> <p>Lunch Calzone Broccoli Spears Fruit Juicee</p> <p>Fresh Express Manager's Choice</p>	<p>Breakfast Iced Cinnamon Raisin Biscuit</p> <p>Lunch Oven Roasted Chicken Rice Pilaf Butter Beans Mixed Fruit Bread Stick</p> <p>Valentine Treat Fresh Express Manager's Choice</p>	<p>Breakfast Sausage Biscuit</p> <p>Lunch Spaghetti with Meat Sauce Cucumber Tomato Salad Peas & Carrots Warm Cinnamon Roll Rosy Applesauce</p> <p>Fresh Express Manager's Choice</p>	<p>Breakfast Pancakes</p> <p>Lunch Cheeseburger on a bun Lettuce, Tomato & Pickle Chips Baked Tater Tots Diced Pears in Lime Jell-O</p> <p>Fresh Express Manager's Choice</p>	<p>Breakfast Breakfast Pizza</p> <p>Lunch Ham, Cheese & Potato Casserole Mixed Veggies Banana Pudding Dinner Roll</p> <p>Fresh Express Manager's Choice</p>
20	21	22	23	24
<u>Student Holiday</u>	<p>Breakfast Pancake Pup</p> <p>Lunch Hot Dog w/chili Baked Beans Cole Slaw Fruit Parfait</p> <p>Fresh Express Manager's Choice</p>	<p>Breakfast Morning Sausage Roll</p> <p>Lunch Taco Salad Lettuce & Diced Tomato Cheese & Salsa Seasoned Corn Orange Wedges</p> <p>Fresh Express Manager's Choice</p>	<u>Manager's Choice</u>	<p>Breakfast Chicken Biscuit</p> <p>Lunch Homemade Lasagna California Veggie Blend Cucumber Coins w/ ranch dip Garlic Toast Chilled Peaches</p> <p>Fresh Express Manager's Choice</p>
27	28	29		
<p>Breakfast Triple Berry Mini French Toast</p> <p>Lunch Corn Dog Bites Macaroni & Cheese Sweet Peas Blushing Pears</p> <p>Fresh Express Manager's Choice</p>	<p>Breakfast Breakfast Pizza</p> <p>Lunch Fajita Chicken Taco Lettuce, Tomato Cheese & Salsa Seasoned Potato Wedges Red Seedless Grapes</p> <p>Fresh Express Manager's Choice</p>	<p>Breakfast Baked Cinnamon Roll</p> <p>Lunch BBQ on Bun Green Beans Fresh Plums Cookie</p> <p>Fresh Express Manager's Choice</p>		

Milk is offered daily at breakfast and lunch. Cereal is offered daily at breakfast. Fresh Fruit is available daily. 100% Fruit Juice is offered daily at breakfast and lunch. "Fresh Express" Options are available daily upon request. See "Secondary Lunch Line" for additional menu for Middle & High Schools.

Additional Lunch Options:

Cafeterias may choose one of these options to make available daily. The Fresh Express and Secondary Lunch Options are not listed by day or in any specific order - see Manager for details.

Fresh Express Options

Low Fat Options for All Elementary, Middle & High Schools

Lunch Pretzel & Cheese Stick Yogurt Carrot Raisin Salad Mixed Fruit	Lunch Turkey on Whole Wheat Deli Thin bun Veggie & Pasta Salad Mixed Fruit	Lunch Oriental Salad w/ Teriyaki Chicken & Mandarin Oranges Fruit	Lunch Southwestern Chicken Wrap Lettuce & Salsa Cucumber Coins w/ ranch sauce	Lunch Caesar Salad Fruit
Lunch Turkey Croissant Lettuce & Sliced Tomatoes Broccoli Salad Mixed Fruit	Lunch Chicken Salad Pita Pocket Veggie & Pasta Salad Mixed Fruit	Lunch Santa Fe Salad w/ Southwestern Chicken Fruit	Lunch Chicken Fajita Wrap W/ peppers & Onions Baby Carrots w/ ranch sauce Mixed Fruit	Lunch Chef Salad w/ diced Ham Fruit

All Dressings and Condiments are low fat.

Secondary Lunch Line Options

Additional Lunch Menu for Middle & High Schools

Lunch Chili Cheese Nachos Mixed veggies Spring Salad w/ dressing Orange Wedges	Lunch Swedish Meatballs over Buttered Noodles Seasoned Corn Dinner Roll Choice of Fruit	Lunch BBQ Riblet Sub Tater Tots Green Beans Red Seedless Grapes	Lunch Fish Basket Onion Rings Coleslaw Hushpuppies Spiced Cinnamon Apples	Lunch Baked Potato w/ Diced Ham & Cheese Steamed Broccoli Bread Stick Fresh Pear
Lunch Roast Beef Sandwich Seasoned Potato Wedges Rosy Applesauce	Lunch Egg Roll w/Veg. Fried Rice Broccoli w/Cheese Sauce Dinner Roll Mandarin Oranges	Lunch Pizzata Pocket Tossed Salad w/ Italian dressing Mixed Veggies Sliced Peaches	Lunch Sausage Dog Sautéed Peppers & Onions Seasoned Potato Wedges Fresh Banana	Lunch Breaded Pork Chop Rice Pilaf Green Beans Dinner Roll Fresh Apple
Lunch Italian Meatball Hoagie Pasta Salad w/ veggies Seasoned Corn Fresh Fruit Cup	Lunch Chicken Alfredo California Veggies Bread Stick Raisins	Lunch Baked Ham Sweet Potatoes Field Peas w/ snaps Dinner Roll Pineapple Tidbits	Lunch BBQ Chicken Macaroni Salad Green Bean Casserole Dinner Roll Mixed Fruit	Lunch Sloppy Joe Sandwich Baked Tater Tots Sweet Peas Rosy Applesauce
Lunch Chicken & Cheese Quesadilla Refried Beans w/Salsa Spring Salad Chilled Pears	Lunch Popcorn Chicken Cream Potatoes Green Beans Dinner Roll Fruit	Lunch Philly Cheese Steak Sub Sautéed Onions & Peppers Baked Potato Wedges Orange Wedges	Lunch Turkey Roast Sub	Lunch Pizza Dippers w/ marinara Mixed Veggies Fruit Cup

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