



February 2019

Middle School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Job Opportunity Looking for flexibility? Part-Time or Full-Time hours? No nights or weekends? Nutrition Services employees needed. To apply, please call 523-1116.</p>		<p>Fuel Fuel Item Feb 4-8: Breakfast Burrito Fuel Item Feb 11-15: Watchos</p>	Mag Day	<p>Baked Lasagna Wing Bar PB&J Sandwich Dinner Roll Steamed Spinach Tomato & Cucumber Salad Assorted Fruits </p>	
<p>4 Oven Rst Chix Drumstick PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Baby carrots Assorted Fruits </p>	<p>5 Nacho Chz Walking Taco PB&J Sandwich Breadstick Green Beans Glazed Orange Carrots Assorted Fruits </p>	<p>6 Broccoli & Chz Baked Potato Chicken Caesar Salad PB&J Sandwich Dinner Roll Red Pepper Strips Campfire Chipotle Pinto Beans Assorted Fruits </p>		<p>7 Country Chix Nugget Bowl PB&J Sandwich Dinner roll/Gravy Mashed Potatoes Corn Assorted Fruits </p> <p style="background-color: red; color: white; text-align: center; padding: 2px;">Valentine's Day!</p>	<p>8 General Tso Popcorn Chix w. Broccoli PB&J Sandwich Dinner roll/Plain Rice Steamed Broccoli Green Beans Assorted Fruits </p>
<p>11 Fish Sticks PB&J Sandwich Dinner Roll French Fries Steamed Carrots Assorted Fruits </p>	<p>12 Salisbury Steak Popcorn Chicken Salad PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Fresh Cucumber Slices Assorted Fruits </p>	<p>13 Beef Ravioli Chicken Caesar Salad PB&J Sandwich Dinner Roll Maple Mashed Swt Potatoes Garden Salad Assorted Fruits </p>		<p>14 Chili & Cinnamon Rolls Dinner Roll Turkey Chef Salad PB&J Sandwich Dinner Roll Campfire Chipotle Beans Red Pepper Strips Assorted Fruits </p>	<p>15 Creamy Ital. Rice w. Popcorn Chix & Marinara Chicken & Chz Salad PB&J Sandwich Dinner Roll Steamed Broccoli Baby Carrots Assorted Fruits </p>
<p>18 President's Day</p>	<p>19 Chix & Maple Syrup Waffle Breaded Buffalo Chix Salad PB&J Sandwich Dinner Roll Green Beans Red Pepper Strips Assorted Fruits</p>	<p>20 Orange Popcorn Chix w. Broccoli Turkey & Chz Salad PB&J Sandwich Plain Rice Dinner Roll Swt Potato Bites Fresh Zucchini Assorted Fruits</p>		<p>21 Salisbury Steak Egg Chef Salad PB&J Sandwich Dinner Roll/ Gravy Mashed Potatoes Fresh Broccoli Garden Salad Assorted Fruits</p>	<p style="background-color: green; color: white; text-align: center; padding: 2px;">Pizza Pie Day</p> <p>Ham & Pineapple Pizza* Chix Caesar Salad PB&J Sandwich Dinner Roll Steamed Broccoli Baby Carrots Assorted Fruits</p>
<p>25 Breaded Chix Drumstick Cham** Chef Salad PB&J Sandwich Dinner Roll Steamed Zucchini Fresh Tomato Wedges Assorted Fruits</p>	<p style="background-color: pink; text-align: center; padding: 2px;">National Strawberry Day</p> <p>26 Pizza Chix Meatball Sub Chix Caesar Salad PB&J Sandwich Dinner Roll Glazed Orange Carrots Green Peas Assorted Fruits </p>	<p>27 Pepperoni or Cheese Pizza* Cham** Chef Salad PB&J Sandwich Dinner Roll Steamed Broccoli Fresh Cucumber Slices Assorted Fruits</p>		<p>28 Teriyaki Popcorn Chix w. Broccoli Popcorn Chix Salad PB&J Sandwich Plain Rice Dinner Roll Pinto Kickin Beans Baby Carrots Assorted Fruits</p>	

More Info...

Offered Daily:

- *Featured Entrée
- *Featured Salad
- *Esta Fiesta Bar Beans & Rice
- *Featured Deli Selections: Variety of Deli Sandwiches* PB&J Sandwiches Pretzel, Yogurt & Cheese Packs
- *Featured Pizza Selections: Cheese Pizza Pepperoni Pizza*
- *Featured Grill Selections: Cheeseburger, Grilled Chicken Sandwich Breaded Chicken Sandwich

*Breadstick or Pretzels

*Assorted Milk
1% White,
1% Chocolate
Skim: Vanilla,
Strawberry

Additional Weekly Grill Options:

- Spicy Chicken Sandwich
- Popcorn Chicken
- Chicken Tenders
- Hot Dog

*May contain pork
**Chicken Ham

Lunch Prices:
Full Priced: \$2.90
Reduced: \$.40

Menus are subject to change without notice.

Nutrition Services Vision: "To provide meals and service that enrich and nourish lives."

Special News...

Free and Reduced Meal Applications can be filled out online at <https://frapps.horizonsolana.com/SPRR01> or you can pick up a paper version at your school office.

"This institution is an equal opportunity provider."

What is a Reimbursable Lunch?

Must choose 3 components with one being ½ cup fruit or vegetable.

1. Whole Grain
2. Fruit
3. Vegetable
4. Meat/Meat Alternate
5. Milk-1%, Skim

