



February 2019

Study 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>		Game Day	<p>1 Pepperoni or Cheese Pizza* Popcorn Chix Salad PB&J Sandwich Dinner Roll Steamed Spinach Tomato & Cucumber Salad Assorted Fruits</p>
<p>4 Nacho Chz Walking Taco PB&J Sandwich Cheeseburger Breadstick Green Beans Glazed Orange Carrots Assorted Fruits</p>	<p>5 Oven Rst Chix Drumstick PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Baby Carrots Assorted Fruits</p>	<p>6 Broccoli & Chz Baked Potato Ham Chef Salad* PB&J Sandwich Dinner Roll Red Pepper Strips Campfire Chipotle Pinto Beans Assorted Fruits</p>		<p>7 Country Popcorn Chix Bowl PB&J Sandwich Dinner roll Mashed Potatoes Corn Assorted Fruits</p>
<p>11 Fish Sticks PB&J Sandwich Dinner Roll French Fries Steamed Carrots Assorted Fruits</p>	<p>12 Beef Ravioli Chicken Caesar Salad PB&J Sandwich Dinner Roll Maple Mashed Swt Potatoes Garden Salad Assorted Fruits</p>	<p>13 Salisbury Steak Popcorn Chicken Salad PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Fresh Cucumber Slices Assorted Fruits</p>	<p>14 Valentine's Day! Chili & Cinnamon Rolls Turkey Chef Salad PB&J Sandwich Dinner Roll Campfire Chipotle Beans Red Pepper Strips Assorted Fruits</p>	<p>15 Pepperoni or Cheese Pizza* Chicken & Chz Salad PB&J Sandwich Dinner Roll Steamed Broccoli Baby Carrots Assorted Fruits</p>
<p>18 President's Day</p>	<p>19 Chicken & Maple Syrup Waffle Breaded Buffalo Chix Salad PB&J Sandwich Dinner Roll Green Beans Red Pepper Strips Assorted Fruits</p>	<p>20 Orange PopChix w. Broccoli Turkey & Chz Salad PB&J Sandwich Plain Rice Dinner Roll Swt Potato Bites Fresh Zucchini Assorted Fruits</p>	<p>21 Beef Soft Tacos Egg Chef Salad PB&J Sandwich Dinner Roll Black Charro Beans Fresh Tomato Wedges Assorted Fruits</p>	<p>22 Pizza Pie Day Pepperoni or Cheese Pizza* Chicken Caesar Salad PB&J Sandwich Dinner Roll Steamed Broccoli Baby Carrots Assorted Fruits</p>
<p>25 Country Popcorn Chix Bowl Egg Chef Salad PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Corn Assorted Fruits</p>	<p>26 National Strawberry Day Pizza Chix Meatball Sub Chix Caesar Salad PB&J Sandwich Dinner Roll Glazed Orange Carrots Green Peas Assorted Fruits</p>	<p>27 Breaded Chix Drumstick Cham Chef Salad PB&J Sandwich Dinner Roll Steamed Zucchini Fresh Tomato Wedges Assorted Fruits</p>	<p>28 Teriyaki PopChix w. Broccoli Popcorn Chix Salad PB&J Sandwich Plain Rice Dinner Roll Pinto Kickin Beans Baby Carrots Assorted Fruits</p>	

More Info...
Offered Daily to MS students:

- *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*
- Make Your Own Bagel Pizza
- Manager's Special
- *Featured Grill Selections:
Cheeseburger, Grilled
Chicken Sandwich
Breaded Chicken Sandwich
- *Breadstick or Pretzels

- *Assorted Juice
- *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

Lunch Prices MS/ES:
Full Priced: \$2.90/\$2.65
Reduced: \$.40/\$.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

