High School Lunch Cycle Menu with Salad Bar February 1-5

The cost of a paid student meal is $2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (includes a source of protein and grain/bread accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. All grains are whole grain rich. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
Favorite Comfort Foods & International Flavors	Spicy Asian Chicken w/Ginger Lime Brown Rice	Chicken Taco	Rotini w/Turkey Meat Sauce	Veggie Chili w/Biscuit	Capital City Chicken Drumstick w/a Biscuit
All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	**Homemade Pizza** Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	**Homemade Pizza** Cheese Veggie Lovers Spicy Chicken
Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo or Ranch Sauce and Cornbread	Toasted Two Cheese Sandwich	Turkey Hot Dog w/ Toppings	Cheeseburger w/ Lettuce & Tomato Garnish	Cheese and Yogurt Platter
Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Garlic Bun	Turkey Bologna Sandwich w/Mustard	Mexican Corn Salad w/ Black Beans & Tortilla Chips	Veggie Wrap w/Hummus, Cheese, Tomato and Cucumber	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Garlic Roll
Hot & Cold Sides Available at All Stations	Seasoned Green Peas & Carrots Fresh Romaine & Tomato Side Salad Fresh Local Apple Assorted Fresh Fruit	Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup Assorted Fresh Fruit	Green Beans Italiano Fresh Celery Sticks w/ Light Dressing Fresh Orange Assorted Fresh Fruit	Sweet Potato Fries Fresh Cucumber Coins w/Light Dressing Fresh Banana Assorted Fresh Fruit	Baked Beans Fresh Baby Carrots w/Light Dressing 100% Grape Juice Assorted Fresh Fruit
Self-Serve Salad Bar Available Daily	**Start With**: Fresh Romaine Mix, Spinach, Fresh Cucumbers, Shredded Fresh Carrots, Fresh Tomatoes, Sliced Radishes, Fresh Jicama **Top With**: Shredded Cheddar **Add On**: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans **Finish With**: Buffalo Chicken, Sliced Eggs, Garlic Croutons, 2 Garlic Breadsticks				

USDA is an equal opportunity provide and employer.

High School Lunch Cycle Menu with Salad Bar February 8-12

The cost of a paid student meal is $2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/whole grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
Favorite Comfort Foods & International Flavors	Chicken Nuggets w/ Mumbo Sauce and Cornbread	Caribbean Chicken Drumstick w/ Brown Rice	Haitian Style Fish w/ Creole Rice and Beans	Steak and Cheese Sub	**PD DAY** **NO SCHOOL**
All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	**Homemade Pizza on Whole Grain Crust** Cheese Veggie Lovers Hawaiian	Off Again Today!	**Homemade Pizza on Whole Grain Crust** Cheese Veggie Lovers Spicy Chicken	
Tasty Hand-Held Hot Sandwiches	Buffalo Chicken Wrap	Teriyaki Veggie Burger	Spicy Ukrainian Chicken Sandwich	Toasted Two Cheese Sandwich	
Grab & Go Cold Sandwiches and Salads	Garden Salad w/Romaine, Tomatoes, Cheese & Garlic Bun	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Garlic Roll	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Turkey Salami Sandwich w/ Mustard	
Hot & Cold Sides Available at All Stations	Fiesta Black Beans Fresh Baby Carrots w/Light Dressing Fresh Local Apple Assorted Fresh Fruit	Local Fresh Baked Sweet Potato w/Cinnamon Fresh Cucumber & Tomato Salad Pineapple Cup Assorted Fresh Fruit	Glazed Carrots Fresh Local Tuscan Kale Salad Fresh Orange Assorted Fresh Fruit	Mashed Potatoes w/ Gravy Fresh Cucumber Coins w/Light Dressing Fresh Banana Assorted Fresh Fruit	
Self-Serve Salad Bar Available Daily	**Start With**: Fresh Romaine Mix, Spinach, Fresh Cucumbers, Shredded Fresh Carrots, Fresh Tomatoes, Sliced Radishes, Fresh Jicama **Top With**: Shredded Cheddar **Add On**: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans **Finish With**: Diced Turkey Ham, Sliced Eggs, Garlic Croutons, 2 Garlic Breadsticks				

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High School Lunch Cycle Menu with Salad Bar February 15-19

The cost of a paid student meal is $2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/whole grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
Favorite Comfort Foods & International Flavors	**WASHINGTON'S BIRTHDAY** **NO SCHOOL**	Beef Meatball Sub w/Marinara & Mozzarella on a Sub	Korean Bibimbap Chicken w/Ginger Lime Brown Rice	Mozzarella Pizza Melt	Ukrainian Chicken Breast with a Roll
All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	*"There is nothing which can better deserve our*	**Homemade Pizza** Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	**Homemade Pizza** Cheese Veggie Lovers Spicy Chicken
Tasty Hand-Held Hot Sandwiches	*patronage than the promotion of science and literature.*	Toasted Two Cheese Sandwich	Chicken Nuggets w/ Mumbo or Ranch Sauce and Cornbread	Pizza Burger	Cheese and Yogurt Platter
Grab & Go Cold Sandwiches and Salads	*Knowledge is in every country the surest basis of public happiness."*	Turkey Bologna Sandwich w/ Mustard	Mexican Corn Salad w/ Black Beans & Tortilla Chips	Turkey Ranch Wrap	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Garlic Roll
Hot & Cold Sides Available at All Stations	*-George Washington*	Southwest Pinto Beans Fresh Celery Sticks w/ Light Dressing Fresh Local Apple Assorted Fresh Fruit	Seasoned Carrots Fresh Cucumber Coins w/Light Dressing Fresh Orange Assorted Fresh Fruit	Seasoned Green Beans Fresh Local Kale Caesar Salad Fresh Banana Assorted Fresh Fruit	Fresh Roma Roasted Local Red Potatoes Fresh Baby Carrots w/Light Dressing 100% Grape Juice Assorted Fresh Fruit
Self-Serve Salad Bar Available Daily	**Start With**: Fresh Romaine Mix, Spinach, Fresh Cucumbers, Shredded Fresh Carrots, Fresh Tomatoes, Sliced Radishes, Fresh Jicama **Top With**: Shredded Cheddar **Add On**: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans **Finish With**: Caesar Chicken, Sliced Eggs, Garlic Croutons, 2 Garlic Breadsticks				

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High School Lunch Cycle Menu with Salad Bar February 22-26

The cost of a paid student meal is $2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/whole grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
Favorite Comfort Foods & International Flavors	Parent/Teacher Conferences	Spaghetti w/ Turkey Meatballs	Steak and Cheese Sub	Teriyaki Chicken w/Ginger Brown Rice	Mac-N-Cheese w/Dinner Roll
All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts		**Homemade Pizza** Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	**Homemade Pizza** Cheese Veggie Lovers Spicy Chicken
Tasty Hand-Held Hot Sandwiches	Parent/Teacher Conferences	Toasted Two Cheese Sandwich	Turkey Hot Dog w/Toppings	Chicken Nuggets w/ Mumbo or Ranch Sauce and Cornbread	Tuna Salad Melt
Grab & Go Cold Sandwiches and Salads	Parent/Teacher Conferences	Turkey Pastrami Sandwich w/ Mustard	Mexican Corn Salad w/ Black Beans & Tortilla Chips	Garden Salad w/Romaine, Tomatoes, Cheese & Garlic Bun	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Garlic Roll
Hot & Cold Sides Available at All Stations		Seasoned Carrots Fresh Romaine and Tomato Salad Fresh Local Apple Assorted Fresh Fruit	Roasted Corn & Carrots Fresh Broccoli w/Light Dressing Fresh Orange Assorted Fresh Fruit	Baked Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Assorted Fresh Fruit	Sweet Potato Fries Fresh Cucumber Coins w/Light Dressing 100 % Grape Juice Assorted Fresh Fruit
Self-Serve Salad Bar Available Daily	**Start With**: Fresh Romaine Mix, Spinach, Fresh Cucumbers, Shredded Fresh Carrots, Fresh Tomatoes, Sliced Radishes, Fresh Jicama **Top With**: Shredded Cheddar **Add On**: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans **Finish With**: Chili Lime Chicken, Sliced Eggs, Garlic Croutons, 2 Garlic Breadsticks				

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