



Secondary Lunch Menu February 2012

Parents are encouraged to prepay online for students meals. The link is provided on our website.

Reduced-Fat Dairy Tip:

In the mood for some spicy food?
Roll Monterey Jack cheese into a whole-wheat tortilla and dip in salsa.
(Add some black beans and make a meal of it!)

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Daily Offerings</p> <p>Monday/Wednesday/Friday PB & J & Cheese Stick</p> <p>Tuesday/Thursday Muffin, Yogurt, & Cheese</p>	<p>1</p> <p>Chicken Fajita Pizza Chef Salad PB & J & Cheese Stick Yellow Rice* Fiesta Corn</p>	<p>2</p> <p>BBQ Pork Platter Philly Cheese Steak Sub Grilled Chicken Salad Muffin Platter Potato Sticks Cole Slaw</p>	<p>3</p> <p>"Fresh From the Farm" Teriyaki Chicken w/Rice Pizza PB & J & Cheese Stick Fresh Green Beans</p>
<p>6</p> <p>Chicken Quesadilla Hot Dog Turkey & Cheese Sandwich PB & J & Cheese Stick Baby Carrots</p>	<p>7</p> <p>Traditional or Fiesta Beefaroni w/Breadstick Corn dog Chicken Tender Salad Muffin Platter California Blend</p>	<p>8</p> <p>Barbecued Chicken w/Roll Hot Ham & Cheese Sandwich Chef Salad PB & J & Cheese Stick Sweet Potato Bake</p>	<p>9</p> <p><i>High School - Late Start Day Manager's Choice</i></p> <p>Cuban Pork w/Roll Chicken Patty Sandwich Mandarin Chicken Salad Muffin Platter Black Beans Mixed with Rice* Sliced Sweet Plantains</p>	<p>10</p> <p>"Fresh From the Farm" Fiesta Pizza Fish Sandwich Chicken Parmesan Sub PB & J & Cheese Stick Corn-on-the-Cob</p>
<p>13</p> <p>Spicy Chicken Sandwich Cheeseburger Yogurt Parfait PB & J & Cheese Stick Baked Beans</p>	<p>14</p> <p>Valentine Special Penne Pasta & Meat Sauce or Meatballs w/Breadstick Grilled Cheese Sandwich Chicken Caesar Salad Muffin Platter Broccoli Swee' Heart Italian Ice</p>	<p>15</p> <p>Chicken Tenders w/Roll Sloppy Joe Sandwich Taco Salad PB & J & Cheese Stick Sweet Potato Wedges</p>	<p>16</p> <p>Meatloaf w/Roll Gravy Chicken Patty Sandwich Simply Salad Muffin Platter Mashed Potatoes</p>	<p>17</p> <p>"Fresh From the Farm" General TSO Chicken w/Rice Pizza PB & J & Cheese Stick Fresh Green Beans</p>
 <p>To find nutrition facts about school meals, visit Health-e Living! The link is provided on our website!</p>	<p>21</p> <p>Macaroni & Cheese w/Roll Meatball Sub Turkey & Cheese Sandwich Muffin Platter Broccoli</p>	<p>22</p> <p>Oven Roast Chicken w/Roll Cheesy Burrito Mandarin Chicken Salad PB & J & Cheese Stick Brown Rice* Spinach with Cheese</p>	<p>23</p> <p>Turkey Roast w/Roll Gravy Chicken Patty Sandwich Chicken Caesar Salad Muffin Platter Mashed Potatoes</p>	<p>24</p> <p>"Fresh From the Farm" Soft Taco Stuffed Crust Pizza Hamburger PB & J & Cheese Stick Brown Rice* Corn-on-the-Cob</p>
<p>27</p> <p>Chicken Tenders w/Roll Vegetarian Chili w/Corn Chips Submarine Sandwich PB & J & Cheese Stick Brown Rice* Caribbean Blend</p>	<p>28</p> <p>FCAT WRITES</p> <p>Taco-to-Go Grilled Cheese Sandwich Muffin Platter Sweet Peas</p>	<p>29</p> <p>Chicken Fajita Pizza Chef Salad PB & J & Cheese Stick Yellow Rice* Fiesta Corn</p>	<p>Late Start Days ~ Manager's Choice: School Food Service Managers will choose one hot entrée and one cold entrée to serve from the choices below:</p> <p>Hot Choices Hot Ham & Cheese Chicken Patty Sandwich Mini Cheeseburger Sliders Corn dog</p> <p>Cold Choices PB & J & Cheese Stick Turkey & Cheese Sandwich Hoagie</p>	

For a complete meal, students may select one entrée (which may include a **GRAIN/BREAD & MEAT/MEAT ALTERNATE**), two different **FRUITS/VEGETABLES** and a **CHOICE OF MILK**. Each day: a **WHOLE GRAIN BREAD PRODUCT**, (2) **FRESH FRUITS**, (2) **CUPPED FRUITS**, (2) **SALAD CUPS**, (1) **SPECIALTY ENTRÉE SALAD (T/W/TH)**, **100% FRUIT JUICE** and a **CHOICE OF MILK** are offered. An asterisk (*) indicates a **BONUS ITEM**. The **BONUS ITEM** may be selected as an extra bread/grain in addition to the bread/grain that already comes with the main entrée.

Menu is subject to changes.