



High School Food Court

February 11- March 22

2019

Lunch K-5: \$2.60; 6-8: \$2.65
 9-12: \$2.70; Breakfast K-12: \$1.50
 Adult: Breakfast \$1.70/Lunch \$3.65
 Reduced Breakfast: \$.30; Lunch: \$.40
 USDA is an equal opportunity provider

(P) denotes pork product
 ½ pint milk served with each lunch
 Menu subject to change

<p>11 Pork tenderloin OR BBQ shredded beef sandwich w/shredded lettuce and tomato Baked beans Orange slices</p>	<p>12 Chicken strips Dinner roll Baked french fries Pineapples</p>	<p>13 <u>Pastas:</u> Penne Spaghetti <u>Sauces:</u> Alfredo sauce Meatballs in sauce Dinner roll Romaine salad mix Fresh veggies Peaches</p>	<p>14 Crisпитos served w/cheese sauce Shredded lettuce, diced tomatoes Tater tots Grapes</p> 	<p>15 Chicken parmesan Spaghetti noodles Romaine salad mix Cheese stuffed breadstick Pears</p>
<p>18 Walking taco Served with chips, lettuce, tomato & cheese Refried Beans Fruit juice slushie</p>	<p>19 Hot and spicy popcorn chicken Fresh bread Mixed vegetables Mandarin oranges</p>	<p>20 <u>Pastas:</u> Tortellini Rotini <u>Sauces:</u> Alfredo Meat sauce Breadstick Romaine salad mix Fresh veggies Pears</p>	<p>21 Mandarin orange chicken Seasoned brown rice Chicken/Vegetable egg roll Stir fry vegetables Strawberries</p>	<p>22 Pizza crunchers Green beans Romaine salad Apple Chocolate chip cookie</p>
<p>25 French toast sticks Egg omelet Potato wedges Pineapple</p>	<p>26 Chicken nuggets Fresh dinner roll Mashed potatoes & Gravy Peaches</p>	<p>27 <u>Pastas:</u> Penne Spaghetti <u>Sauces:</u> Alfredo sauce Meatballs in sauce Garlic toast Romaine salad mix Fresh veggies Tropical fruit</p>	<p>28 Fish sandwich OR Hot and spicy chicken patty sandwich w/shredded lettuce and tomato Peas/carrots mix Applesauce</p>	<p>MARCH 1 Grilled chicken sandwich Baked beans Banana</p> 
<p>4 Sweet chili Thai chicken Seasoned brown rice Stir fry vegetables Mandarin oranges</p>	<p>5 Breaded chicken sandwich w/shredded lettuce and tomato Steamed broccoli & cheese sauce Applesauce</p>	<p>6 <u>Pastas:</u> Tortellini Rotini <u>Sauces:</u> Alfredo Meat sauce Fresh baked bread Romaine salad mix Fresh veggies Pineapple</p>	<p>7 Hamburger on a bun Sweet potato waffle fries Pears</p>	<p>8 Pepperoni cheese bread OR Garlic cheese bread Romaine salad mix Mixed fruit Sunshine cake</p>




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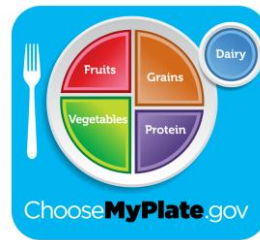
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<p>18</p> 	<p>19</p> <p style="text-align: center;">NO SCHOOL K-12</p>	<p>20</p> <p style="text-align: center;">NO SCHOOL</p> 	<p>21</p> <p style="text-align: center;">NO SCHOOL K-12</p>	<p>22</p> 



Small Changes Add Up for Better Health Food portions can be a challenge, but choosing sensible amounts of all food is important for achieving and maintaining a healthy weight. The best way to achieve and maintain a healthy weight is to make small, long-term changes in what you eat and drink, along with getting daily physical activity. Follow the MyPlate (www.choosemyplate.gov) healthy eating food plan:

- Make half your plate fruits and vegetables—think variety and make it colorful.
- Make half your grains whole grains.
- Choose low-fat and fat-free dairy products.
- Vary your protein—poultry, seafood, meat, eggs, nuts, and beans.