



# 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  <b>OR</b>          BBQ shredded beef sandwich          w/shredded lettuce and tomato          Baked beans          Orange slices</p>	<p>12  <b>SNOW DAY          NO SCHOOL          K-12</b></p>	<p>13          Chicken strips          Dinner roll          Baked french fries          Pineapples</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          &amp; cheese          Refried Beans          Fruit juice slushie</p>	<p>19          Hot and spicy popcorn chicken          Fresh bread          Mixed vegetables          Mandarin oranges</p>	<p>20  <b>SNOW DAY          NO SCHOOL          K-12</b></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 &amp; Gravy          Peaches</p>	<p>27  <u><b>Pastas:</b></u>          Penne          Spaghetti  <u><b>Sauces:</b></u>          Alfredo sauce          Meatballs in sauce          Garlic toast          Romaine salad mix          Fresh veggies          Tropical fruit</p>	<p>28          Fish sandwich  <b>OR</b>          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 &amp; cheese sauce          Applesauce</p>	<p>6  <u><b>Pastas:</b></u>          Tortellini          Rotini  <u><b>Sauces:</b></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  <b>OR</b>          Garlic cheese bread          Romaine salad mix          Mixed fruit          Sunshine cake</p>




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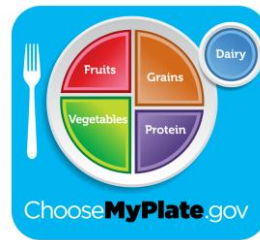
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<p>18</p> 	<p>19</p> <p style="text-align: center;">NO SCHOOL                  K-12</p>	<p>20</p> <p style="text-align: center;">NO SCHOOL</p> <p style="text-align: center;">Spring Break</p> 	<p>21</p> <p style="text-align: center;">NO SCHOOL                  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](http://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.