


FEBRUARY 2022 MENU

***Every Friday during Lent 3/2-4/16 we will offer a hot fish entrée for Lent.** You **must** offer any **1** of the **4** hot fish items on these days. DH-172 Fish & Chips w/Goldfish Crackers, DH-172b Fish & Chips w/Breadsticks, FH-39 Southern Fish Po' Boy, or DH-113b Crispy Fish Tacos. A cold fish entrée option *may* also be added to the menu *in addition* to the hot fish entrée option. (PP-03 Tuna Salad Power Pack, FH-77 Tuna Salad Wrap, FH-106 Tuna Salad Sub, or FH-77a Tuna Salad Sandwich).

	<p>1</p> <p>BREAKFAST Chicken Biscuit Yogurt with Graham Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Macaroni & Cheese BBQ Pork Cornbread Bowl BBQ Baked Beans Baby Carrots w/ Ranch 100% Fruit Juice Assorted Low Fat Milk</p>	<p>2</p> <p>BREAKFAST Sausage Biscuit Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Original Cheeseburger Sweet & Sour Chicken w/ Yellow Rice Steamed Broccoli Fruitable Veggies Juice Box Ocean Spray® Craisins Assorted Low Fat Milk</p>	<p>3</p> <p>BREAKFAST Apple Cinnamon Chewy Bar Yogurt Smoothie w/ Strawberry Graham Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Four Cheese or Pepperoni Pizza Slice Sloppy Joe Sandwich Peas & Carrots Crisp Garden Side Salad Assorted Canned Fruit Assorted Low Fat Milk</p>	<p>4</p> <p>BREAKFAST Sausage Biscuit Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Crispy Chicken/Spicy Chicken Sandwich Mini Cheesy Calzones Herbed Cauliflower Baby Carrots w/ Ranch Fresh Orange Smiles Assorted Low Fat Milk</p>
<p>7</p> <p>BREAKFAST Bacon, Egg & Cheese Calzone Coco Chip Protein Bar Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Four Cheese or Pepperoni Pizza Slice Meatball & Marinara Sub Sweet Kernel Corn Cucumber Slices w/ Ranch Fresh Apple Slices Assorted Low Fat Milk</p>	<p>8</p> <p>BREAKFAST Chicken Biscuit Yogurt with Graham Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Mini Queso Bites w/ Salsa Tasty Brands Turkey & Cheese Sandwich Seasoned Black Beans Baby Carrots w/ Ranch 100% Fruit Juice Assorted low Fat Milk</p>	<p>9</p> <p>BREAKFAST Sausage Biscuit Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Original Cheeseburger Grilled Cheese Sandwich Creamy Tomato Soup Fruitable Veggies Juice Box Ocean Spray® Craisins Assorted Low Fat Milk</p>	<p>10</p> <p>BREAKFAST Apple Cinnamon Chewy Bar Yogurt Smoothie w/ Graham Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Four Cheese or Pepperoni Pizza Slice Chicken & Broccoli Alfredo Steamed Broccoli Crisp Garden Side Salad Applesauce Cup Assorted Low Fat Milk</p>	<p>11</p> <p>BREAKFAST Sausage Biscuit Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>SUPERBOWL CELEBRATION LUNCH! Popcorn OR Buffalo Chicken Beef & 3 Bean Chili Bowl RedGold® Salsa Cup Baby Carrots w/ Ranch Fresh Orange Smiles Tostito Scoops Assorted Low Fat Milk</p>
<p>14</p> <p>BREAKFAST Bacon, Egg & Cheese Calzone Coco Chip Protein Bar Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Four Cheese or Pepperoni Pizza Slice Lentil Pasta with Meatsauce & Breadsticks (2) Cucumber Slices w/ Ranch Fresh Apple Slices Assorted Low Fat Milk</p> <p>Valentine Treat w/ Meal – Funfetti Cake (CH-21e)</p>	<p>15</p> <p>BREAKFAST Chicken Biscuit Yogurt with Graham Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Southern Style chicken Bites with Cheez its® Cuban Sandwich Baked Sweet Plantains Baby Carrots w/ Ranch 100% Fruit Juice Assorted Low Fat Milk</p>	<p>16</p> <p>BREAKFAST Sausage Biscuit Eggo® Mini Cinnamon Waffles Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Original Cheeseburger Chicken w/ Yellow Rice Crispy Tater Tots Fruitable Veggies Juice Box Ocean Spray® Craisins Assorted Low Fat Milk</p>	<p>17</p> <p>BREAKFAST Apple Cinnamon Chewy Bar Yogurt Smoothie w/ Strawberry Graham Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Four Cheese or Pepperoni Pizza Slice Tasty Brands Turkey, Pepperoni & Cheese Croissant Roasted Carrots Crisp Garden Side Salad Applesauce Cup Assorted Low Fat Milk</p>	<p>18</p> <p>FAIR DAY NON-STUDENT DAY</p> 

<p>21</p> <p>PRESIDENT'S DAY NON-STUDENT DAY</p> 	<p>22</p> <p>BREAKFAST Chicken Biscuit Yogurt with Graham Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Macaroni & Cheese BBQ Pork Cornbread Bowl BBQ Baked Beans Baby Carrots w/ Ranch 100% Fruit Juice Assorted Low Fat Milk</p>	<p>23</p> <p>BREAKFAST Sausage Biscuit Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Original Cheeseburger Sweet & Sour Chicken w/ Yellow Rice Steamed Broccoli Fruitables Veggie Juice Box Ocean Spray® Craisins Assorted Low Fat Milk</p>	<p>24</p> <p>BREAKFAST Apple Cinnamon Chewy Bar Yogurt Smoothie w/Strawberry Graham Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Four Cheese or Pepperoni Pizza Slice Sloppy Joe Sandwich Peas & Carrots Crisp Garden Side Salad Assorted Canned Fruit Assorted Low Fat Milk</p>	<p>25</p> <p>BREAKFAST Sausage Biscuit Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Crispy Chicken/Spicy Chicken Sandwich Mini Cheesy Calzones Herbed Cauliflower Baby Carrots w/ Ranch Fresh Orange Smiles Assorted Low Fat Milk</p>
<p>28</p> <p>BREAKFAST Bacon, Egg & Cheese Calzone Coco Chip Protein Bar Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Four Cheese or Pepperoni Pizza Slice Meatball & Marinara Sub Sweet Kernel Corn Cucumber Slices w/ Ranch Fresh Apple Slices Assorted Low Fat Milk</p>	<p>Mar 1</p> <p>BREAKFAST Chicken Biscuit Yogurt with Graham Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Mini Queso Bites w/ Salsa Tasty Brands Turkey & Cheese Sandwich Seasoned Black Beans Baby Carrots w/ Ranch 100% Fruit Juice Assorted low Fat Milk</p>	<p>Mar 2</p> <p>BREAKFAST Sausage Biscuit Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Original Cheeseburger Grilled Cheese Sandwich Creamy Tomato Soup Fruitables Veggie Juice Box Ocean Spray® Craisins Assorted Low Fat Milk</p>	<p>Mar 3</p> <p>BREAKFAST Apple Cinnamon Chewy Bar Yogurt Smoothie w/ Graham Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Four Cheese or Pepperoni Pizza Slice Chicken & Broccoli Alfredo Steamed Broccoli Crisp Garden Side Salad Applesauce Cup Assorted Low Fat Milk</p>	<p>Mar 4</p> <p>BREAKFAST Sausage Biscuit Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Popcorn OR Buffalo Chicken w/ Cheez its® 3 Bean Chili Cornbread Bowl Fish & Chips w/ Breadstick* Cheesy Spinach Bake Baby Carrots w/ Ranch Fresh Orange Smiles Assorted Low Fat Milk</p>

Breakfast: Cereal can be served daily for breakfast along with the other menu choices.

High School MUST serve an additional 1/2c serving of fruit daily.

A Munchable/Power Pack of Choice must be offered every day - PBJ w/Crackers Munchable (FH-102), Yogurt Munchable (FH-104), Smoothie Munchable (FH-104a), Cereal w/ Graham Munchable (FH-118), Sliced Loaf Munchable (DH-175), Mini Loaf Munchable (FH-119a), Boiled Egg Munchable (FH-140b), PB Cup Munchable (FH-119a), Hummus Power Pack (PP-05), Cheese Pizza Power Pack (SM-7), NO-Nut Butter Cup Munchable (FH-119c), Tuna Salad Power Pack (PP-33), Chicken Salad Power Pack (PP-75), or Egg Salad Power Pack (PP-52).

Updated 1/13/22