



# HIGH SCHOOL FEBRUARY 2020 BREAKFAST AND LUNCH MENU

**HIGH SCHOOL BREAKFAST:** Paid student meal \$1.25 // reduced student meal \$0.20 // adult/visitor meal \$2

**HIGH SCHOOL LUNCH:** Paid student meal \$2.50 // reduced student meal \$0.40 // adult/visitor meal \$3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>NATIONAL SCHOOL BREAKFAST WEEK – MARCH 2-6</b>				
<b>2</b> Whole Wheat Cinnamon Roll French Toast Fruit & Yogurt Parfait  Build-Your-Own Baked Potato Broccoli Salad Tossed Salad Mixed Fruit Garlic Breadsticks	<b>3</b> Mini Pancakes Sausage & Cheese Croissant Fruit & Yogurt Parfait  Egg & Bacon Breakfast Tacos – <b>Breakfast for Lunch</b> Roasted Corn Salad Bar Mandarin Oranges	<b>4</b> Chicken Biscuit Sausage & Cheese English Muffin Fruit & Yogurt Parfait  Lasagna w/ Italian Sausage Diced Carrots Tossed Salad Fresh Pineapple Chunks Garlic Roll	<b>5</b> Egg, Bacon & Cheese English Muffin Ham & Cheese Croissant Fruit & Yogurt Parfait  Orange Chicken & Lo Mein Steamed Broccoli Tossed Salad Vegetable Egg Roll Mandarin Oranges	<b>6</b> Sausage & Cheese Biscuit Pancake & Turkey Sausage Minis Fruit & Yogurt Parfait  Nachos Garden Fresh Grapefruit & Orange Wedges Seasoned Black Beans Tossed Salad
<b>9</b>  <b>NO SCHOOL</b>	<b>10</b>  <b>NO SCHOOL</b>	<b>11</b>  <b>NO SCHOOL</b>	<b>12</b>  <b>NO SCHOOL</b>	<b>13</b>  <b>NO SCHOOL</b>
<b>16</b> Mini Pancakes Pancake & Turkey Sausage Minis Fruit & Yogurt Parfait  Chicken Pot Stickers <b>**NEW**</b> Baby Carrots Steamed Broccoli Mandarin Oranges	<b>17</b> French Toast Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait  Pork Carnitas Tacos Roasted Corn Salad Bar Sliced Peaches Cornbread	<b>18</b> Turkey Bacon & Egg Breakfast Taco Sausage & Cheese English Muffin Fruit & Yogurt Parfait  Macaroni & Cheese Seasoned Peas Tossed Salad Fresh Mixed Fruit	<b>19</b> Pancake & Turkey Sausage Minis Spiced Apple Muffin Fruit & Yogurt Parfait  Chicken Alfredo Mixed Vegetables Tossed Salad Fresh Pineapple Chunks	<b>20</b> Chicken Biscuit Egg, Ham & Cheese English Muffin Fruit & Yogurt Parfait  Pulled Pork BBQ Sandwich Seasoned Pinto Beans Tossed Salad Fresh Cantaloupe Chunks
<b>23</b> Mini Pancakes Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait  Hatch Green Chili Tamales Seasoned Pinto Beans Tossed Salad Mandarin Oranges	<b>24</b> French Toast Sausage & Cheese Croissant Fruit & Yogurt Parfait  Beef Soft Tacos Roasted Corn Salad Bar Mandarin Oranges	<b>25</b> Turkey Chorizo & Egg Breakfast Taco Pancake & Turkey Sausage Minis Fruit & Yogurt Parfait  Spaghetti & Meatballs Seasoned Green Beans Tossed Salad Fresh Pineapple Chunks Garlic Roll	<b>26</b> Ham & Cheese Croissant Sausage & Cheese English Muffin Fruit & Yogurt Parfait  Chicken Teriyaki w/ Stir Fried Rice Cran Apple Spinach Salad Zucchini Fresh Diced Apples Vegetable Egg Roll	<b>27</b> Sausage & Cheese Kolache Egg, Bacon & Cheese English Muffin Fruit & Yogurt Parfait  Fish Sticks Lime Cabbage Slaw Potato Wedges Fresh Cantaloupe Chunks Cornbread
<b>30</b> French Toast Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait  Build-Your-Own Baked Potato Broccoli Salad Tossed Salad Mixed Fruit Garlic Breadsticks	<b>31</b> Mini Pancakes Sausage & Cheese Croissant Fruit & Yogurt Parfait  Pork Carnitas Tacos Roasted Corn Salad Bar Fresh Diced Apples			

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**\*Menus are subject to change without notice due to price and availability of food\***

**A Complete Breakfast Includes:**

Choice of 1 entrée  
2 fruits OR 1 fruit & juice  
1% white or fat free chocolate milk

**Daily Breakfast Features:**

Yogurt & Rockin' ola granola  
Whole grain cereal (Not available at  
some schools)  
Assorted fruit bowl  
100% fruit juice  
1% white or fat free chocolate milk

**A Complete Lunch Includes:**

Choice of entrée  
2 fruits  
2 vegetables  
1% white or fat free chocolate milk

**Daily Lunch Features:**

Hummus & pita bread entrée  
Yogurt, granola and string cheese  
Turkey & cheese or turkey, ham & cheese on  
croissant (alternate weekly)  
Assorted fruit bowl

**Fresh Entrée Salads**

**Monday-** Mandarin Orange Salad  
**Tuesday-** Southwest Chicken Salad  
**Wednesday-** Chef's Salad  
**Thursday-** Cran-apple Salad  
**Friday-** Egg Bacon & Spinach Salad  
*Grilled Chicken Caesar Salad served  
daily.*

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