



# FEBRUARY 2019 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
				Egg, Bacon & Cheese English Muffin Sausage & Cheese or Sausage Croissant Fruit & Yogurt Parfait <b>1</b>
				<b>Pulled Pork BBQ Sandwich</b> Cy-Fair Garden Fresh Lime Cabbage Slaw Roasted Broccoli Fresh Cantaloupe Chunks
French Toast Sausage & Cheese Kolache Fruit & Yogurt Parfait <b>4</b>	Mini Pancakes Sausage & Cheese English Muffin Fruit & Yogurt Parfait <b>5</b>	Turkey Bacon & Egg Breakfast Taco Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait <b>6</b>	Ham & Cheese or Cheese Croissant Mini Pancakes Fruit & Yogurt Parfait <b>7</b>	Peach Kolaches Egg, Ham & Cheese English Muffin Fruit & Yogurt Parfait <b>8</b>
<b>Mini Corn Dogs</b> Seasoned Peas Tossed Salad Frozen Peach Cup	<b>Meatball Sub</b> Broccoli Salad Diced Carrots Fresh Diced Apples	<b>Lasagna</b> Seasoned Green Beans Tossed Salad Fresh Pineapple Chunks Garlic Roll	<b>Orange Chicken &amp; Lo Mein</b> Steamed Broccoli Tossed Salad Veggie Egg Roll Mandarin Oranges	<b>Nachos</b> Seasoned Pinto Beans Tossed Salad Diced Peas
Mini Pancakes Sausage & Cheese Kolache Fruit & Yogurt Parfait <b>11</b>	Blueberry Banana Muffin Sausage & Cheese or Sausage Biscuit Fruit & Yogurt Parfait <b>12</b>	Turkey Chorizo & Egg Breakfast Taco Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait <b>13</b>	Ham & Cheese or Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait <b>14</b>	French Toast Sausage & Cheese or Sausage Croissant Fruit & Yogurt Parfait <b>15</b>
<b>Steak Fingers</b> Mashed Potatoes & Gravy Tossed Salad Mandarin Oranges Wheat Roll	<b>Korean BBQ Oven Roasted Chicken</b> Diced Carrots Kimchi Slaw Steamed Rice Fresh Pineapple Chunks Wheat Roll	<b>Chicken Supreme Nachos</b> Seasoned Black Beans Tossed Salad Fresh Mixed Fruit	<b>Chicken Teriyaki w/ Stir Fried Rice</b> Mixed Vegetables Spicy Spinach Salad Veggie Egg Roll Fresh Berries	<b>Fish Sticks</b> Steamed Broccoli Tossed Salad Sliced Peaches Garlic Roll
	French Toast Peach Kolache Fruit & Yogurt Parfait <b>18</b>	Sausage & Cheese English Muffin Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait <b>20</b>	Blueberry Banana Muffin Sausage & Cheese or Sausage Croissant Fruit & Yogurt Parfait <b>21</b>	Egg, Ham & Cheese English Muffin Chicken Biscuit Fruit & Yogurt Parfait <b>22</b>
<b>SCHOOL HOLIDAY</b>	<b>Crunchy Tacos</b> Tossed Salad Whole Kernel Corn Fresh Cantaloupe Chunks Cornbread	<b>Chorizo Mac &amp; Cheese</b> Diced Carrots Tossed Salad Diced Peas	<b>Orange Chicken &amp; Lo Mein</b> Steamed Broccoli Tossed Salad Veggie Egg Roll Fresh Pineapple Chunks	<b>Pulled Pork BBQ Sandwich</b> Mixed Greens w/ Turkey Bacon Seasoned Pinto Beans Fresh Mixed Fruit
Mini Pancakes Sausage & Cheese Kolache Fruit & Yogurt Parfait <b>25</b>	French Toast Sausage & Cheese or Sausage Biscuit Fruit & Yogurt Parfait <b>26</b>	Turkey Chorizo & Egg Breakfast Taco Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait <b>27</b>	Ham & Cheese or Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait <b>28</b>	
<b>Fish Tacos</b> Seasoned Pinto Beans Tossed Salad Sliced Peaches	<b>Cheese Enchiladas</b> Tossed Salad Whole Kernel Corn Mandarin Oranges	<b>Make-Your-Own Baked Potato</b> Seasoned Black Beans Tossed Salad Fresh Pineapple Chunks Garlic Roll	<b>Chicken Teriyaki w/ Stir Fried Rice</b> Cran Apple Spinach Salad Zucchini Veggie Egg Roll Fresh Diced Apples	

## Breakfast

### 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
- Assorted fruit bowl
- 100% fruit juice
- 1% white or fat free chocolate milk

## Lunch

### 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
- Turkey & cheese or turkey, ham & cheese on hoagie
- Assorted fruit bowl

## Fresh Entrée Salads Offered Daily

- Monday: egg & bacon spinach salad
  - Tuesday: chef's salad
  - Wednesday: cranberry apple salad
  - Thursday: southwest chicken salad
  - Friday: mandarin chicken salad
- Grilled Chicken Caesar Salad served daily.*

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\*Menus subject to change due to price & availability of food.\*