

Health • e
LIVING



High School – MS Lunch

February 2019

In Season Broccoli

Broccoli shares cancer fighting, immune boosting properties.

Broccoli contains high levels of both calcium and vitamin k, both of which are important for bone health and prevention of osteoporosis

Monday

Tuesday

Wednesday

Thursday

Friday

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Loaded Baked Potato with Chili **1**
Celery Sticks
Assorted Slushies

Breaded Chicken sandwich **4**
Sweet Potato FF

Burrito Bowl **5**
Mexican Rice
Black beans
Let, tomato, sour cream

Italian Calzone **6**
Steamed broccoli
Mandarin oranges
Cookie

Boars Head **7**
Turkey Club
Lett, tom & cheese
French fries
Celery sticks

Tyson Chicken nuggets **8**
Green Beans
Roll

Chicken Alfredo **11**
Rotini pasta and meatballs
Steamed broccoli

Walking Taco **12**
Black Beans
Lett, tom & cheese
Sour cream

BBQ Chicken Sandwich **13**
Coleslaw
Baby carrots w/ dip

Roadhouse Burger **14**
French Fries
Baked Apples

Mac & Cheese **15**
W/ Buffalo Chicken
Vegetable Blend
Malibu

NO SCHOOL 18

Take Out Tuesday **19**
Sweet & Sour Chicken
Asian Blend Vegetables
Steamed broccoli

Baked Chicken Drumstick **20**
Baked Beans
Potato Wedges
Roll

Bacon Cheeseburger **21**
Sweet potato FF
Baked apples
Baby carrots w/dip

Boneless Sirach wings **22**
Steamed Green Beans
Slushies

25
Breaded Chicken sandwich
Sweet Potato FF

Tony's Personal cheese pizza **26**
Garden salad
Baked beans

Italian Calzone **27**
Steamed broccoli
Mandarin oranges
Cookie

Bosco **28**
Cheese sticks
W/dipping sauce
Steamed green beans

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Announcements

Daily Options:

- Salad Bar
- Yogurt Parfait
- Hummus Platter
- Grilled cheese
- Tomato Soup
- PB & J

Meal Prices

Students: \$3:15
Adults \$4:10