

February

Favs Menu

Heart Health Month!

HIGH SCHOOL MENU CHOICES

BREAKFAST: Entrée, Fruit, Juice, Milk | **LUNCH:** Entrée, Veggie (Pick 2), Fruit (Pick 2), Milk

*Indicates Pork Product

+ Possible trace of sesame due to manufacturer

Choice of milk with breakfast & lunch

- 1% White
- Fat-Free Chocolate
- Lactose-Free
- Soy Milk

MONDAY

2 National Tater Tot Day!

Waffle Breakfast Sandwich OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Bacon Cheeseburger+
Italian Salad*
Yogurt & Granola Combo
Nacho Box

Tater Tots
Burger Trimmings
Broccoli Salad*
Fresh Kiwi / Blueberries w/Cream

TUESDAY

3

Bacon & Egg Taco OR
Pick 2: Cereal, Yogurt or Cereal Bar
Fruit, Juice & Milk

Sweet Asian Chicken w/Fried Rice
Crispy Chicken Salad
Wowbutter Sandwich+ Combo
Breaded Chicken Wrap w/Boss Sauce

Stir Fry Vegetables
Raw Vegetable Medley w/Dip
Celery Sticks & Grape Tomatoes
Orange Smiles / Sliced Pears

WEDNESDAY

4

Biscuit & Chicken OR
Pick 2: Cereal, Yogurt or Nutrigrain Bar
Fruit, Juice & Milk

Crispy Beef Tacos w/Spanish Rice
Asian Chicken Salad
Hummus & Cheese Bento Box
Yogurt & Granola Combo

Ranchero Beans
Taco Trimmings
Crispy Carrots & Grape Tomatoes
Granny Smith Apple / Sliced Peaches

THURSDAY

5

Sausage Kolache* OR
Pick 2: Cereal, Yogurt or Banana Muffin
Fruit, Juice & Milk

Meatzza Pizza* or Cheese Pizza
Italian Salad*
Wowbutter Sandwich+ Combo
Nacho Box

Italian Green Beans
Mixed Green Salad w/Ranch
Cucumber & Jicama Sticks w/Tajin
Fresh Banana / Strawberry Applesauce

FRIDAY

6

Dutch Waffle OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Chicken Tenders w/Cornbread
Spicy Chicken Salad
Yogurt & Chex Combo
Spicy Chicken Wrap w/Ranch

Mashed Potatoes w/Gravy
Broccoli w/Cheese
Red Bell Pepper & Crispy Carrots
Sliced Apples / Fruit Cocktail

9

Confetti Pancakes OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

BYO: Beef or Chicken Burrito
Italian Salad*
Yogurt & Granola Combo
Nacho Box

Zesty Tomatoes & Cucumbers
Guacamole Salad
Celery Sticks & Crispy Carrots
Apple Crisps / Diced Peaches

10

Bean & Cheese Taco OR
Pick 2: Cereal, Yogurt or Cereal Bar
Fruit, Juice & Milk

Asian Noodle Bowl+ w/Egg Roll
Crispy Chicken Salad
Wowbutter Sandwich+ Combo
Breaded Chicken Wrap w/Boss Sauce

Savory Green Peas
Hummus & Carrots
Cucumber Slices w/Tajin
Sliced Apples / Strawberries w/Cream

11 Rodeo Kick-Off!

Biscuit w/Gravy & Sausage* OR
Pick 2: Cereal, Yogurt or Nutrigrain Bar
Fruit, Juice & Milk

Cheese or Beef & Cheese Nachos
Asian Chicken Salad
Hummus & Cheese Bento Box
Yogurt & Granola Combo

Ranchero Beans
Mexican Street Corn
Celery Sticks & Grape Tomatoes
Seedless Grapes / Natural Applesauce

12 Random Acts of Kindness Day!

Homemade Cinnamon Roll OR
Pick 2: Cereal, Yogurt or Banana Muffin
Fruit, Juice & Milk

Chicken & Waffles
Italian Salad*
Wowbutter Sandwich+ Combo
Yogurt & Chex Combo

Smile Fries
Baked Beans
Crispy Carrots & Red Bell Peppers
Fresh Banana / Fiesta Raisins

13 Valentine Special!

Pink Donut Holes & Sausage* OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Pink Sauce Spaghetti w/ or w/o Meatballs
w/Cheesy Bread
Spicy Chicken Salad, Nacho Box
Spicy Chicken Wrap w/Ranch

Savory Green Beans
Tossed Salad w/Ranch
Raw Vegetable Medley w/Dip
Orange Smiles / Sliced Pears

16

School Holiday



17 Slush Day!

Chorizo & Egg Taco OR
Pick 2: Cereal, Yogurt or Cereal Bar
Fruit, Juice & Milk

BBQ or Buffalo Boneless Wings & Mac N Chz
Crispy Chicken Salad
Wowbutter Sandwich+ Combo
Breaded Chicken Wrap w/Boss Sauce

Broccoli w/Cheese
Mixed Green Salad w/Ranch
Celery Sticks & Carrots w/Dip
Paradise Punch Slush / Natural Applesauce

18

Blueberry Muffin & Sausage* OR
Pick 2: Cereal, Yogurt or Nutrigrain Bar
Fruit, Juice & Milk

Cheese Enchiladas w/Chili & Spanish Rice
Buffalo Chicken Salad
Hummus & Cheese Bento Box
Yogurt & Granola Combo

Ranchero Beans
Crispy Carrots w/Dip
Red Bell Peppers & Grape Tomatoes
Sliced Apples / Strawberry Craisins

19

Pumpkin Bread OR
Pick 2: Cereal, Yogurt or Banana Muffin
Fruit, Juice & Milk

Chicken OR Chana Masala w/Spiced Rice & Naan
Italian Salad*
Wowbutter Sandwich+ Combo
Yogurt & Chex Combo

Buttered Corn
Hummus & Carrots
Cucumber & Jicama Sticks w/Tajin
Fresh Banana / Strawberries w/Cream

20

Ham & Cheese Croissant* OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Chicken Nuggets w/Homemade Roll
Spicy Chicken Salad
Nacho Box
Spicy Chicken Wrap w/Ranch

Mashed Potatoes w/Gravy
Savory Green Peas
Celery Sticks & Grape Tomatoes
Granny Smith Apple / Sliced Peaches

23

Chicken & Waffles OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

BYO Stuffed Baked Potato
Italian Salad*
Yogurt & Granola Combo
Nacho Box

Broccoli w/Cheese
Zesty Tomatoes & Cucumbers
Raw Vegetable Medley w/Dip
Orange Smiles / Sliced Pears

24

Sausage, Potato & Egg Taco* OR
Pick 2: Cereal, Yogurt or Cereal Bar
Fruit, Juice & Milk

General Tso Chicken+ w/Fried Rice
Crispy Chicken Salad
Wowbutter Sandwich+ Combo
Breaded Chicken Wrap w/Boss Sauce

Stir Fry Vegetables
Tossed Salad w/Ranch
Celery Sticks & Grape Tomatoes
Apple Crisps / Fruit Cocktail

25

Pancake Sausage Wraps OR
Pick 2: Cereal, Yogurt or Nutrigrain Bar
Fruit, Juice & Milk

Frito Pie w/Cornbread
Asian Chicken Salad
Hummus & Cheese Bento Box
Yogurt & Granola Combo

Ranchero Beans
Mexican Street Corn
Cucumber Slices w/Tajin
Seedless Grapes / Natural Applesauce

26

Homemade Cinnamon Roll OR
Pick 2: Cereal, Yogurt or Banana Muffin
Fruit, Juice & Milk

Fettuccini Chicken Alfredo w/Garlic Bread
Italian Salad*
Wowbutter Sandwich+ Combo
Yogurt & Chex Combo

Savory Green Beans
Red Bell Peppers & Grape Tomatoes
Crispy Carrots w/Dip
Sliced Apples / Sour Watermelon Raisins

27

Sausage & Cheese Flatbread OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Steak Fingers w/Homemade Roll
Spicy Chicken Salad
Nacho Box
Spicy Chicken Wrap w/Ranch

Mashed Potatoes w/Gravy
Savory Green Peas
Crispy Carrots & Grape Tomatoes
Orange Smiles / **Strawberries w/Cream**

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School Café App to access
meal account information,
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Menu subject to change

No fees for cash or checks paid directly to the cafeteria

