

February Menu 2018 MHS

All meals are served with 1% or fat free flavored milk

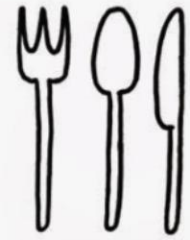
Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ Pork Sandwich WW Roll Pork 3oz BBQ Sauce Vegetable 1Cup Fruit 1 Cup	2 PIZZA Vegetable 1 cup Fruit 1 Cup
5 Toasted Italian Sub Ham Salami Vegetables Chips Fruit	6 Chicken Parmesan Chicken Pasta Sauce Cheese Vegetable Fruit	7 Soup & Grilled Cheese Sandwich WW bread Cheese Vegetable Fruit	8 Fish Filet Fish Rice Carrots Fruit	9 PIZZA Vegetable 1 cup Fruit 1 Cup
12 Turkey Club Sub Turkey Bacon Lettuce Tomato Chips Fruit	13 Famous Chicken Bowl Chicken Potato Corn, Gravy WW Roll Fruit	14 Cheese Burger Burger Cheese WW Roll Vegetable Fruit	15 Pasta with Sauce Cheese Fruit Vegetable	16 PIZZA Vegetable 1 cup Fruit 1 Cup
19 Canadian Poutine Fries Beef, Gravy Cheese Fruit	20 Asian BBQ Chicken Chicken Rice Vegetable Pineapple Fortune Cookie	21 Hard Shell Tacos Seasoned Beef Tacos, Rice Cheese Vegetable Salsa, sour Cream Fruit	22 Colcannon Mashed potato Vegetable Ham Irish Soda Bread Fruit	23 Sicilian Style PIZZA Vegetable 1 cup Fruit 1 Cup
26 Vacation	27 Vacation	28 Vacation	1 Vacation	2 Vacation

Week of 19th -23rd is International Food week

French , Asian , Mexican , Irish , Italian 

USDA is an equal opportunity provider and employer
 You now have the ability to pay for school Breakfast & lunch online.
 Monitor your child's account balance; go to- <http://ezschoolpay.com>

Eat Green, Eat Healthy



THE
GREEN
BAR

DREAM-ORACLE

Breakfast Menu **Served Daily**

Breakfast Sandwich

2oz. Whole Wheat Croissant
1oz Turkey Sausage
1oz. American Cheese
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Breakfast Cereal, Whole Grain

Cinnamon Toast Crunch,
Honey Nut Cheerios Golden Graham 1 cup
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Whole Wheat Bagel

4oz. Bagel
1oz Cream Cheese
1 Piece or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Parfait

Plain, Fat Free Yogurt 6oz.
Strawberries ½ cup
Granola 3oz
1% or Fat Free Flavored Milk

Served Tuesday/ Thursday

Whole Wheat Raised Donut

3oz Donut
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Muffin

Blueberry Banana Muffin, or Cinnamon Coffee Cake
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Served Wednesdays & Fridays

Fruit Smoothie

6oz. Plain Fat Free Yogurt
4oz Strawberries
4oz Banana
2oz 100% Orange Juice

Sides

Lite Cream Cheese .25, Sun Butter-2oz, Jam -1oz

Breakfast Meal , Prices- Full Breakfast Meal- \$1.75 /Reduced .30 /Free

SERVED DAILY

Turkey or Ham Wrap

Served with
Wrap
Cheese
Lettuce
Mustard/Mayo
Fruit or Vegetable or Both

Fresh Fruit Salad

Cut up Fresh Fruit
String Cheese
Wheat Thins
Vegetable

Strawberry Parfait

Granola
Strawberries/ Blueberries
Yogurt
String Cheese

Fat Free Flavored or 1% milk is offered

Additional Fruit or Vegetable is also available with these meals.

FULL SALAD BAR OPEN DAILY

All meals are served with 1% or Fat Free Flavored milk

Daily meals are subject to change due to product availability.

Lunch meal \$3.05/reduced .40/ Free

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