



Lunch Menu

MIDDLE & UPPER SCHOOL
FEBRUARY 2023

\$8.20 PER LUNCH

Menu may change due to shortages/undue circumstances

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Veggie Chef Salad: Mixed greens, artichoke, roasted red bell pepper, cheese, veggie croutons

		<p>1 Soft Shell Beef Taco Black Beans Chips Salsa & Sour Cream Fresh Fruit Churro Beverage</p> <p>Garden Salad</p>	<p>2 Chicken Fried Steak Mashed Potatoes & Gravy Steamed Corn Dinner Roll Fruit Beverage</p> <p>Garden Salad</p>	<p>3 Beef Brisket Sandwich BBQ French Fries Borracho Beans Fruit Cookie Beverage</p> <p>Garden Salad</p>
<p>6 Sloppy Joes Tater Tots Corn on Cob Fruit Beverage</p> <p>Veggie Chef Salad</p>	<p>7 Grilled Cheese Sandwich Tomato Soup Tater Tots Fresh Fruit Beverage</p> <p>Veggie Chef Salad</p>	<p>8 Sweet & Sour Chicken Steamed Rice Oriental Vegetables Vegetable Egg Rolls Fresh Fruit Fortune Cookie Beverage</p> <p>Veggie Chef Salad</p>	<p>9 Breaded Chicken Sandwich Condiments Seasoned French Fries Baked Beans Fresh Fruit Beverage</p> <p>Veggie Chef Salad</p>	<p>10 Nacho Bar Build Your Own; Seasoned Beef, Refried Beans, Cheese Sauce & More! Fruit Churro Beverage</p> <p>Veggie Chef Salad</p>
<p>13 Breakfast for Lunch Cheddar Cheese Omelette Sausage Patty French Toast Sticks Breakfast Potatoes Fresh Fruit Beverage</p> <p>Caesar Salad</p>	<p>14 Penne Pasta w/Marinara Sauce Italian Meatballs Steamed Broccoli Garlic Bread Stick Fresh Fruit Beverage</p> <p>Caesar Salad</p>	<p>15 Hard Shell Beef Taco Spanish Rice Beans Fresh Fruit Churros Beverage</p> <p>Caesar Salad</p>	<p>16 Chicken Tenders Mac-n-Cheese Green Beans Fresh Fruit Cookie Beverage</p> <p>Caesar Salad</p>	<p>17 Pizza Day: Cheese, Pepperoni or Sausage Caesar Salad Fruit Beverage</p> <p>Caesar Salad</p>
<p>20 NO SCHOOL Presidents' Day</p>	<p>21 Jumbo Cheese Filled Shells w/Marinara Sauce Green Beans Garlic Bread Stick Fruit Brownie Beverage</p> <p>Greek Salad</p>	<p>22 Orange Chicken Steamed Rice Oriental Vegetables Veggie Egg Roll Fresh Fruit Fortune Cookie Beverage</p> <p>Greek Salad</p>	<p>23 Hamburger or Garden Burger Condiments French Fries Baked Beans Fresh Fruit Beverage</p> <p>Greek Salad</p>	<p>24 NO SCHOOL</p>
<p>27 All-Beef Hot Dog w/Chili, Cheese & Onion Homemade Chips Cole Slaw Fruit Beverage</p> <p>Garden Salad</p>	<p>28 Cheese Enchiladas Spanish Rice Borracho Beans Fresh Fruit Churro Beverage</p> <p>Garden Salad</p>	<p>1</p>	<p>2</p>	<p>3</p>

Greek Salad: Mixed greens, olives, cucumber, tomato, feta cheese, artichoke heart & balsamic Vinaigrette

Garden Salad: Mixed greens, tomatoes, cucumbers, carrots, dressing & croutons

Caesar Salad: Romaine lettuce, parmesan cheese, dressing, & croutons, w/ French bread roll & butter