

February 2023 Secondary Lunch Menu

		1 <u>Popcorn Chicken Bowl</u> Crispy Chicken Bites Cheddar Cheese Local Mashed Potatoes Gravy & Dinner Roll Seasoned Corn A variety of Chilled Fruit & Vegetable Bar Variety of Milk	2 <u>"Road Trip" Southwest Chili Bar</u> Homemade Beef & Bean Chili Shredded Cheddar, Sour Cream Diced Onion & Olives Warm Corn bread A variety of Chilled Fruit & Vegetable Bar Variety of Milk	3 <u>Chicken Mania</u> Crispy Chicken Bites Tossed in a Variety of Sauces Offered with French Fries A variety of Chilled Fruit & Vegetable Bar Variety of Milk
6 <u>Breakfast Sandwiches</u> Assorted Breakfast Breads Toppings May include Bacon, Sausage, Ham, Egg & Cheese Mini Yogurt Parfaits Sweet Potato Puffs A variety of Chilled Fruit & Vegetable Bar Variety of Milk	7 <u>Sono Station – Nacho/Taco Station</u> <u>Special Crispy Fish Tacos</u> Crisp Oven Baked Pollock Soft Flour Tortillas Shredded Lettuce, Tomato Local Kale Slaw Spanish Rice & Refried Beans A variety of Chilled Fruit & Vegetable Bar Variety of Milk	8 <u>Mac & Cheeseology</u> Spicy Buffalo Chicken Or Southwestern Beef Crisp Caesar Salad Dinner Roll A variety of Chilled Fruit & Vegetable Bar Variety of Milk	9 <u>General Tso's Chicken</u> Vegetable Lomein Lucky Fried Rice Steamed Broccoli A variety of Chilled Fruit & Vegetable Bar Variety of Milk	10 <u>"Road Trip" Pennsylvania</u> <u>Philly Chicken Cheese Steak</u> Sauteed Chicken, Peppers, Onions Topped with Melted Cheddar Cheese In a Torpedo Roll Crisp Baked Onion rings A variety of Chilled Fruit & Vegetable Bar Variety of Milk
13 <u>So Deli</u> <u>Fresh Made to Order Deli Sandwiches</u> Potato Salad, ,Macaroni Salad, Cole Slaw House Made Pickles A variety of Chilled Fruit & Vegetable Bar Variety of Milk	14 <u>Sono Station– Nacho/Taco Station</u> <u>Special Mexican Torta Sandwich</u> Mild Spicy Chicken w/ Refried Beans Jalapeno & Chipotle Mayo Cilantro Lime Rice Ranch Corn Salad A variety of Chilled Fruit & Vegetable Bar Variety of Milk	15 <u>"Road Trip" Upstate New York</u> Buffalo Chicken Dip Crisp Tortilla Chips Or Buffalo Chicken Tenders Celery & Carrot Sticks & Blue Cheese Dressing A variety of Chilled Fruit & Vegetable Bar Variety of Milk	16 <u>Revolution Noodle Bowls</u> Asian Chicken or Tofu Served over Lomein or Chicken & Vegetable Steamed Dumplings Fresh Medley of Steamed Vegetables A variety of Chilled Fruit & Vegetable Bar Variety of Milk	17 <u>"Road Trip" Idaho</u> Idaho Potato with Toppings Beef Chili, Vegetarian Chili, Cheddar Cheese, Scallions, Sour Cream Served with a warm Dinner Roll A variety of Chilled Fruit & Vegetable Bar Variety of Milk
20	21	22	23	24
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
27	28			
<u>"Road Trip" Nashville</u> Nashville Hot Crispy Chicken Sandwich Lettuce, Tomato, House Made Dill Pickles Spicy Mayo Oven Baked French Fries A variety of Chilled Fruit & Vegetable Bar Variety of Milk	<u>Sono Station– Nacho/Taco Station</u> <u>Special BYO Burritos</u> Seasoned Beef or Chicken Lettuce, Tomato & Cheese Sour Cream, Salsa Cilantro Lime Rice, Refried Beans Corn & Pineapple Salsa A variety of Chilled Fruit & Vegetable Bar Variety of Milk	<u>Breakfast is Offered Daily</u> Menu Rotation Is posted on the District Website You may also view the menu on the Nutrislice App on your mobile device		Melissa M. Read Director of Dining Services Please contact me with any question. Melissa.Read@compass-usa.com Please let us know if you have a medically documented food allergy, so we may work with you to create and implement a menu plan.

Middle & High School

Available daily:

Three Cheese Pizza & Pepperoni Pizza

Daily Specials:

Monday- Buffalo Chicken Pizza

Tuesday- Broccoli & Cheese Calzone

Wednesday-Garlic Chicken Pizza

Thursday- Taco pizza

Friday- Italian Stromboli

grilled

Available daily:

Hamburger, Cheeseburger & Chicken Nuggets Offered w/Dinner Roll

Daily Specials:

Monday - Hot Dog on a Roll

Tuesday - Grilled Chicken Ranch BLT

Wednesday - Beef, Bean and Cheese Burrito

Thursday - Italian Meatball Sub

Friday - Crispy Fish Sticks w/ Oven Baked Fries, Tartar Sauce & Dinner Roll



Vegetarian Options

Available daily:

Veggie Burger, Garden Salad w/Egg, Cheese Pizza & Yogurt Parfait

Daily Specials:

Monday - Sun butter & Jelly Sandwich

Tuesday - Grilled Cheese Sandwich

Wednesday - Hummus Fun Lunch

Thursday - Mozzarella Sticks w/Marinara Sauce & Dinner Roll

Friday - Cheese Pizza

ON THE GO

Daily Deli/Salad Specials may include:

Buffalo Chicken Sandwich or Salad Plate

Chicken Caesar Wrap or Salad Plate

Turkey & Cheese BLT Sandwich

Italian Hoagie

Chef w/ Meat Salad Plate

Chef w/Egg Salad Plate

Tuna Sandwich or Salad Plate

Greek Salad Chicken Wrap or Salad Plate

Veggie Wrap

All entrée are offered with Whole Grain Bread

All meals are offered with a variety of fresh fruits and vegetables--local when available.

All meals are offered with a choice milk (Skim, 1% low fat white or fat free chocolate).

Due to Ongoing Food Supply Issues Menu is subject to change.

This institution is an equal opportunity provider.