

Case High School Menu February



February 1-3

Wed-**Country Style Steak** w/country gravy, whipped potatoes, sweet peas, pineapple, banana, whole grain dinner roll

Thurs-**Chicken Parmesan Bowl**, whole grain rotini noodles, mixed vegetables, romaine salad, mixed fruit, fresh orange

Fri-**Build Your Own Burrito-Beef or Chicken**, refried beans, romaine salad, applesauce, strawberries

February 6-10

Mon-**Popcorn Chicken**, baked beans romaine salad, peaches, fresh apple, whole grain dinner roll

Tues-**Baked Mostaccioli**, broccoli, romaine salad pears, fresh orange

Wed-**Breakfast Bar**, potato rounds, pineapple, banana

Thurs-**Turkey & Gravy**, whipped potatoes, corn bread dressing, mixed fruit, fresh apple

Fri-**Made to Order Wild Greens Salad**, applesauce, strawberries, breadsticks

February 13-17

Mon-**Country Style Steak** w/country gravy, whipped potatoes, mixed vegetables, peaches, fresh apple, whole grain dinner roll

Tues-**Popcorn Chicken Bowl**, whipped potatoes, corn, pears, fresh apple

Wed-**Mini Corn Dogs**, whole grain noodles, Wisconsin blend vegetables, romaine salad, pineapple, banana

Thurs-**Chicken & Gravy**, whipped potatoes, sweet peas, mixed fruit, fresh orange

Fri-**Loaded Potatoes-Beef or Chicken**, California blend, romaine salad, applesauce, strawberries, whole grain dinner roll

February 21-24

Tues-**Spicy Popcorn Chicken**, brown rice pilaf, corn, romaine salad, pears, fresh orange

Wed-**Mini Corn Dogs**, whole grain rotini noodles, Wisconsin blend vegetables, romaine salad, pineapple, banana

Thurs-**Made to Order Wild Greens Salad**, mixed fruit, fresh orange

Fri-**Swedish Meatballs**, whole grain rotini noodles, sweet peas, romaine salad, applesauce, strawberries

February 27-29

Mon-**Popcorn Chicken**, cilantro lime brown rice, peas & carrots, romaine salad, peaches, fresh apple

Tues-**Pizza Dippers**, whole grain rotini noodles, mixed vegetables, romaine salad, pears, fresh orange

Wed-**Tex-Mex Chicken Taco Salad**, corn, pineapple, banana



Freshly Made to Order Sandwiches and Wraps

Choose from the following:
Sliced Ham ♦ Roasted Turkey
Daily Salad & Meat Specials
American Cheese ♦ Mozzarella
Choice of: Whole Grain Bread,
Whole Grain Submarine Bun,
Bagel, Whole Grain Tortilla or
Flavored Tortilla

Toppings:

Fresh Spinach, Crisp Lettuce, Onion,
Green Peppers, Cucumbers,
Mayonnaise, Mustard, Ranch
Dressing, Spicy Ranch Dressing,
Honey Mustard Dressing, French
Dressing

Panini Specialty Sandwiches Available Daily



Featuring Fresh Baked Pizza Cheese, Pepperoni

Daily Specialty Pizza

Mondays-**Three Cheese**

Tuesdays-**Sausage**

Wednesdays-**Buffalo Chicken**

Thursdays- **Combination**

Friday 2/3- **BBQ Chicken**

Friday 2/10- **Chicken Fajita**

Friday 2/17- **Chicken Alfredo**

Friday 2/24-**BBQ Chicken**



Made to Order

Beef or Chicken

Tacos, Nacho,

Refried Beans, Mexican Rice



Grab n'Go

Featuring
Assorted Packaged
Sandwiches & Wraps
Entrée Salads
Fruit & Yogurt Parfaits

THE FRESH GRILLE

Daily Grill Items

Cheeseburgers*Chicken Sandwich*Hamburger

Daily Grill Specials

February 1-3

Wed- **Buffalo Chicken Sandwich**

Thurs-**BBQ Beef Sandwich**

Fri-**Hot Dog**

February 6-10

Mon-**Spicy Chicken Sandwich**

Tues-**Chicken Parmesan Sandwich**

Wed-**Hot Dog**

Thurs-**Buffalo Chicken Sandwich**

Fri-**Meatball Bomber**

February 13-17

Mon-**Hot Dog**

Tues- **Grilled Chicken Sandwich**

Wed-**Hot Ham & Cheese on Pretzel Bun**

Thurs- **Spicy Chicken Sandwich**

Fri-**Buffalo Chicken Sandwich**

February 20-24

Tues-**Chicken Parmesan Sandwich**

Wed- **Meatball Bomber**

Thurs-**Hot Ham & Cheese on Pretzel Bun**

Fri-**Hot Dog**

February 27-29

Mon- **BBQ Rib Sandwich**

Tues-**Buffalo Chicken Sandwich**

Wed-**Grilled Chicken Sandwich**



Sandwiches are made with whole grain buns or bread

February Food Focus: Low-Fat Yogurt

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, and skim chocolate Menu Subject to Change Without Notice

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