

Middle School February 2012



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-**Nacho Supreme-Beef or Chicken**, corn, romaine salad, applesauce, strawberries

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-**Nacho Supreme-Beef or Chicken**, refried beans, romaine 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



Daily Grill Items

**Cheeseburgers*Hamburgers*
Chicken Sandwiches**

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

Mon-**NO SCHOOL**

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**

**Hot Sandwiches are made with
whole grain buns or bread**



Grab n'Go

Featuring

**Assorted Packaged
Sandwiches, Wraps
& Entrée Salads**

Available Daily

Ham Sandwich or Wrap
Turkey Sandwich or Wrap
Peanut Butter and Jelly
Garden Salad

Chicken Chef Salad
Ham Chef Salad

Fruit & Yogurt Parfait
**Sandwiches are made with
whole grain buns, bread or
tortilla**



Featuring Fresh Baked Pizza
Cheese, Pepperoni
Daily Specialty Pizza

Mondays-**Three Cheese**

Tuesdays-**Sausage**

Wednesday-**Buffalo Chicken**

Thursday-**Combination**

Friday 2/3- **BBQ Chicken**

Friday 2/10- **Chicken Fajita**

Friday 2/17- **Chicken Alfredo**

Friday 2/24-**BBQ Chicken**



**Breakfast is available at the
following**

Middle Schools:

Gilmore,

Jerstad-Agerholm,

McKinley, Mitchell

**Free to students who qualify
for Free or Reduced Lunches
\$1.10 Paid Students**

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 This Institution is an Equal Opportunity Provider