



## FEBRUARY 2017: J.H.S. & Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>CHICKEN DELIGHTS</b>	<b>BURGER BASH</b>	<b>CULINARY</b>	<b>NEW YORK</b>	<b>PIZZA PARTY</b>
		1	New York Thursday 2	3
		<b>Chicken Dumplings</b> with Asian Dipping Sauce  Vegetable Fried Rice  <u>Eat Your Colors</u> Vegetable Stir Fry  <u>Salad Bar</u> Spring Mix Salad	<b>Macaroni and Cheese</b>  NY Soft Pretzel <u>Eat Your Colors</u> Cold Bean Salad  <u>Salad Bar</u> Caesar Salad Champlain Valley NY Apple Slices	<b>Pizza Slice</b> <b>Sausage Pizza</b>  <b>Mozzarella Stick</b> Marinara Sauce  <u>Eat Your Colors</u> Kale Salad <u>Salad Bar</u> Greek Zucchini Salad
6	7	8	New York Thursday 9	10
<b>Popcorn Chicken</b> Dipping Sauce Cup  <b>Rold Gold® Heartzels</b>  <u>Eat Your Colors</u> Chick Pea Salad  <u>Salad Bar</u> Confetti Corn Salad	<b>100% Beef Hamburger Sliders</b> Deluxe Toppings  <b>Fish &amp; Cheese Sandwich</b>  <u>Eat Your Colors</u> Seasoned Wedge Fries <u>Salad Bar</u> Ranch Carrot Snacker	<b>Steak &amp; Cheese Empanada</b>  <b>Toasty Bread Stick</b>  <u>Eat Your Colors</u> Garlicky Green Beans  <u>Salad Bar</u> Celery & Apple Salad	<b>Deli Sandwiches</b> <b>Italian Hero</b>  <b>Cookie Treat</b>  <u>Eat Your Colors</u> Sweet Potato Waffle Fries  <u>Salad Bar</u> Caesar Salad Apple Slices	<b>Pizza Slice</b> <b>Bruschetta Pizza</b>  <b>Mozzarella Sticks</b> Marinara Sauce  <u>Eat Your Colors</u> Green Garden Salad <u>Salad Bar</u> Broccoli and Cranberry Salad
13	14	15	New York Thursday 16	17
<b>Crispy Chicken Tenders</b> Dipping Sauce Cup  <b>U.S. Presidents Educational Snack</b>  <u>Eat Your Colors</u> Brooklyn Baked Beans  <u>Salad Bar</u> Sliced Cucumbers	<b>100% Beef Cheeseburger</b> Deluxe Toppings  <b>Turkey Burger</b> Deluxe Toppings  <u>Eat Your Colors</u> Sweet Potato Waffle Fries  <u>Salad Bar</u> Spring Mix Salad	<b>Sweet &amp; Sour Roasted Chicken</b>  Vegetable Fried Rice  <u>Eat Your Colors</u> Egg Roll With Duck sauce  <u>Salad Bar</u> Asian Slaw	<b>Jamaican Patty</b>  <b>Frito-Lay® SunChips®</b>  <u>Eat Your Colors</u> French Fries <u>Salad Bar</u> Spring Mix Salad Champlain Valley NY Apple Slices	<b>Pizza Slice</b> <b>Pineapple &amp; Ham Pizza</b>  <b>Mozzarella Sticks</b> Marinara Sauce  <u>Eat Your Colors</u> Green Garden Salad <u>Salad Bar</u> Carrot & Lemon Salad
20	21	22	23	24
<b>Mid-Winter Recess</b>  <b>Crispy Chicken Tenders</b> Dipping Sauce Cup  Frito-Lay® SunChips®  <u>Eat Your Colors</u> Sweet Potato Waffle Fries  <u>Salad Bar</u> Ranch Carrot Snacker	<b>100% Beef Cheeseburger Sliders</b> Deluxe Toppings  <b>Fish &amp; Cheese Sandwich</b>  <u>Eat Your Colors</u> Seasoned Wedge Fries  <u>Salad Bar</u> Marinated Green Beans	<b>Latin Pasta Bowl</b> Dinner Roll  <u>Eat Your Colors</u> "Callaloo" Spinach  <u>Salad Bar</u> Greek Zucchini Salad	<b>Mid-Winter Recess</b>  <b>Cheese Steak</b> on NY Hero Roll  <u>Eat Your Colors</u> Sweet Plantains <b>Roasted Zucchini</b>  <u>Salad Bar</u> <b>Seasoned Black Beans</b> NY Apples	<b>Mid-Winter Recess</b>  <b>Pizza Slice</b> <b>Chicken Ranch Pizza</b>  <b>Mozzarella Sticks</b> Marinara Sauce  <u>Eat Your Colors</u> Chick Pea Salad <u>Salad Bar</u> Spinach, Tomato & Roasted Red Pepper Salad
27	28			
<b>Crispy Chicken Sandwich</b> Deluxe Toppings Dipping Sauce Cup  <u>Eat Your Colors</u> Sweet Potato Wedges  <u>Salad Bar</u> Italian Classico Salad	<b>100% Grass Fed Beef Burger</b> Deluxe Toppings  <b>Teriyaki Chicken Sliders</b>  <u>Eat Your Colors</u> Seasoned Wedge Fries <u>Salad Bar</u> Marinated Vegetable Salad		  <b>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD</b>	

Offered Daily: Milk (1% low fat, fat free & fat free chocolate), Fresh Fruit, Canned Fruit, PB&J, and Cheese Sandwiches, Hummus & Whole Wheat Crackers (8 packs) or Pretzel Grab & Go  
 Flavor Station(on Pizza and Pasta days): Granulated Garlic, Red Pepper Flakes, Parmesan Cheese, Oregano  
 Dipping Sauce Cups: BBQ, Honey Mustard, Ranch  
 Condiments: Ketchup, Mustard, Mayonnaise, Hot Sauce  
 Dressings: Asian Sesame, Balsamic Vinaigrette, Caesar, Chipotle Ranch, Ranch, French, Honey Mustard, Italian Vinaigrette

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MENUS ARE SUBJECT TO CHANGE