

FEBRUARY 2023

South Middle School

LUNCH



All reimbursable meals must include a fruit or vegetable on the tray.

Students may decline 2 of the 5 meal components – meat/meat alternative; grain; fruit; vegetable; milk.



February is American Heart Month. Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Fruit & Milk Variety Offered Daily!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BBQ Tots or Fries **1**
Smart Mouth Pizza
Carrot Dippers
Pinto Beans // Buttered Corn
Dinner Roll

Corn Dog **2**
Macaroni & Cheese
Waffle Potatoes
Great Northern Beans
Steamed Broccoli
Cornbread Bites

Turkey Sandwich **3**
Smart Mouth Pizza
Curly Fries
Vegetable Soup
Cookie

Hot Dog **6**
Smart Mouth Pizza
Corn Nuggets
Baked Beans

Chicken Tenders **7**
Bento Box
Mashed Potatoes
Turnip Greens // Pinto Beans
Garlic Cheese Biscuit

Chicken Nachos **8**
Smart Mouth Pizza
Sweet Potato Fries
Lettuce/Tomato Cup // Salsa
Tostitos

Oven Roasted Chicken **9**
Hamburger / Cheeseburger
Tator Tots
Green Beans
Dinner Roll

Smart Mouth Pizza **10**
Bento Box
Potato Smiles
Buttered Corn
Carrot Dippers // Cookie

Chicken Fillet **13**
Smart Mouth Pizza
Mashed Potatoes
Green Beans
Carrot Dippers

Turkey Sandwich **14**
Turkey & Noodles
Baked Beans // French Fries
Dill Pickle
Valentine Day Treat

Mandarin Orange Chicken **15**
Smart Mouth Pizza
White Beans
Potato Wedges
Rice // Dinner Roll

Hot Ham & Cheese Sand. **16**
Steak w/Gravy
Mashed Potatoes
Sweet Potatoes Peas
Dinner Roll

Smart Mouth Pizza **17**
Bento Box
Steamed Broccoli
Buttered Corn
Curly Fries // Cookie

Presidents' Day
No School **20**

Sloppy Joes **21**
Bento Box
Waffle Potatoes
Baked Beans
Dinner Roll

/ Lasagna Roll Ups **22**
Turkey Munchable
Potato Bites
Steamed Broccoli
Dinner Roll

Chicken Sandwich **23**
Steak Sandwich
Green Beans
Sweet Potatoes
French Fries

Smart Mouth Pizza **24**
Fish Fillet
Great Northern Beans
Buttered Corn
Cornbread Bites & Onion Rings
Cookie

Bosco Sticks **27**
Smart Mouth Pizza
Green Peas
Mashed Potatoes
Salsa

Turkey Pot Pie Soup **28**
Grilled Cheese Sandwich
Waffle Potatoes
Seasonal Vegetables
Corn Chips
Cinnamon Roll

The nationwide supply chain issue continues to impact the school meal programs with shortages, cancelled orders, and limited availability of products. Every effort will be made to follow the published menu; however, last minute changes may be necessary. This institution is an equal opportunity provider.