

February 2023 Stark County Junior/Senior High School Menu

<p>Mashed Potatoes contain sulfates and can cause allergic reactions.</p> <p>Ketchup, Mustard, BBQ Sauce, Ranch, Fat Free Ranch, French, Mayo, are offered at Lunch</p> <p>1% White, Chocolate and Strawberry Milk are offered at all Meals</p>	<p>Menu are subject to Change</p> <p>Our Breakfast is Offer vs. Serve. Children can pick 3 out of 4 items as long as 1 of the items is ½ cup of fruit.</p> <p>Our Lunches are Offer vs. Serve. Children can pick 3 out of 5 Meal Groups (Meat/Meat Alternative Fruit, Grain, Vegetables, Milk. As long as the Child has a ½ cup of fruit or vegetables on their tray with at least 2 other full components.</p>	<p>1 Wednesday <u>WG Waffle, Syrup, WG Cereal, Fruit, Juice</u></p> <p>WG Bun, Hot Dog or Chili Dog or Salad, Deli Sandwich, Yogurt Meal or Smoothie Meal, Broccoli w/Cheese, Pineapple, Fresh Fruit and Veggies</p>	<p>2 Thursday <u>WG Cereal, Muffin, Juice, Fruit</u></p> <p>WG Pizza or Salad or Yogurt Meal or Chicken or Cheese Quesadilla or Deli Sandwich, Carrots, Mixed Fruit, Fresh Fruit and Veggies</p>	<p>3 Friday <u>WG Cereal, WG Poptart, Fruit, Juice</u></p> <p>Taco in a Bag (Taco Meat, Shredded Cheese, WG RF NC Doritos) or Salad or Deli Sandwich or Yogurt Refried Beans, Salsa, Romaine, Pears, Sidekick, Fresh Fruit and Veggies</p>
<p>6 Monday <u>WG Cereal, WG Pancake on a Stick, Syrup, Juice, Fruit</u></p> <p>WG Bun, Hamburger, Cheese Slice or Pepperoni Panini or Salad or Deli Sandwich or Yogurt Meal, Baked Beans, Tropical Fruit, Fresh Fruit or Veggies</p>	<p>7 Tuesday <u>WG Cereal, WG Donut, Fruit, Juice</u></p> <p>WG Toasted Cheese, Chili, Crackers or Salad or Deli Sandwich or Yogurt Meal, Carrots, Peaches, Fresh Fruit and Veggies</p>	<p>8 Wednesday <u>WG Cereal, Biscuit, Egg Patty, Sausage Patty, Cheese Slice, Fruit, Juice</u></p> <p>WG Bun Chicken Cordon Bleu (Unbreaded Chicken Filet, Sliced Ham, Swiss Cheese) or Smoothie Meal or Salad or Yogurt Meal or Deli Sandwich, Green Beans, Mandarin Oranges, Fresh Fruit and Veggies</p>	<p>9 Thursday <u>WG Cereal, WG French Toast Sticks, Syrup, Fruit, Juice</u></p> <p>Chicken ala King, Biscuits or Cheese or Chicken Quesadilla or Salad or Deli Sandwich or Yogurt Meal, Mashed Potatoes, Peas, Peaches, Fresh Fruit and Veggies</p>	<p>10 Friday <u>WG Cereal, Biscuit, Sausage and Gravy, Fruit, Juice</u></p> <p>Pulled Pork Horseshoe (WG Toast, Pulled Pork, Cheese Sauce) or Deli Sandwich or Salad or Yogurt Meal, Oven Potatoes, Rosy Applesauce, Bavarian Creme Dessert, Fresh Fruit and Veggies</p>

<p>13 Monday <u>WG Cereal, WG Donut, Fruit, Juice</u></p> <p>WG Corn Dog or Pepperoni Panini or Salad or Deli Sandwich or Yogurt Meal, <u>Green Beans, Pears, Fresh Fruit and Veggies</u></p>	<p>14 Tuesday <u>WG Cereal, WG Breakfast bar, Fruit, Juice</u></p> <p>WG Bun, Tenderloin or Salad or Yogurt Meal or Deli Sandwich, <u>Corn, Rosy Applesauce, Fresh Fruit and Veggies</u></p>	<p>15 Wednesday <u>WG Cereal, Breakfast Bagel Pizza, Fruit, Juice</u></p> <p>WG Bosco Sticks, Ravioli or Smoothie Meal or Deli Sandwich or Salad or Yogurt Meal, <u>Carrots, Mixed Fruit, Fresh Fruit and Veggies</u></p>	<p>16 Thursday <u>WG Cereal, Cinnamon Roll, Fruit, Juice</u></p> <p>Rebel Nachos (Taco Meat, WG Tortilla Chips, Queso Blanco) or Chicken Quesadilla or Salad or Deli Sandwich or Yogurt Meal, <u>Refried Beans, Salsa, Pineapple, Fresh Fruit and Veggies</u></p>	<p>17 Friday <u>WG Cereal, WG Pancakes, Syrup, Fruit, Juice</u></p> <p>WG Bun, WG Chicken Patty or Salad or Deli Sandwich or Yogurt Meal, <u>Oven Potatoes, Mandarin Oranges, Fresh Fruit and Veggies, Cookie</u></p>
<p>20 Monday NO SCHOOL</p>	<p>21 Tuesday <u>WG Cereal, WG Pancake on a Stick, Syrup, Fruit, Juice</u></p> <p>WG Bun, BBQ Rib or Yogurt Meal or Deli Sandwich or Salad, <u>Corn, Pears, Fresh Fruit and Veggies</u></p>	<p>22 Wednesday <u>WG Cereal, Muffin, Fruit, Juice</u></p> <p>Early Dismissal at 11 am Sack Lunch WG PB & J'S, WG Chips, Fresh Fruit and Veggies</p>	<p>23 Thursday <u>WG Cereal, Biscuit, Sausage and Gravy, Fruit, Juice</u></p> <p>WG Chili Crisпитos, WG Chips or Chix or Cheese Quesadilla or Salad or Yogurt Meal or Deli Sandwich, <u>Salsa, Refried Beans, Applesauce, Fresh Fruit and Veggies</u></p>	<p>24 Friday <u>WG Cereal, WG Bagel, Cream Cheese, Fruit, Juice</u></p> <p>WG Multi Cheese Garlic Bread or Salad or Deli Sandwich or Yogurt Meal, <u>Romaine, Marinara Sauce, Pineapple, Fruit and Veggie</u></p>
<p>27 Monday <u>WG Cereal, Honey Bun, Fruit, Juice</u></p> <p>WG Roll, WG Chicken Nuggets or Pepperoni Panini or Salad or Deli Sandwich or Yogurt Meal, <u>Mashed Potatoes/Gravy, Peaches, Fresh Fruit and Veggies</u></p>	<p>28 Tuesday <u>WG Cereal, WG Waffles, Syrup, Fruit, Juice</u></p> <p>WG Roll, Tater Tot Casserole or Salad or Deli Sandwich or Yogurt Meal, <u>Green Beans, Rosy Applesauce, Fresh Fruit and Veggies</u></p>	<p>Breakfast is served every day from 7:30-8:00 am</p> <p>#ALLIN</p> <p>Some foods contain Cinnamon</p>		

