

















**ALEXANDER CITY SCHOOLS  
MIDDLE/HIGH MENU  
FEBRUARY 2023**

**Breakfast Options:**

Fruit, 100% Juice & Assorted 1% & Skim Milk offered daily. Cereal offered daily.

**Lunch Options:**

Assorted 1% & Skim Milk offered daily.  
Additional items may be added to the menu. Please  
Check w/ your local schools for additional choices.

<p style="text-align: center;"><b>MONDAY</b></p> <p style="text-align: center;">*MENUS ARE SUBJECT TO CHANGE*</p> 	<p style="text-align: center;"><b>TUESDAY</b></p> 	<p style="text-align: center;"><b>WEDNESDAY</b></p>	<p style="text-align: center;"><b>THURSDAY</b></p>	<p style="text-align: center;"><b>FRIDAY</b></p> 
<p><b>06</b> CHICKEN BISCUIT, FRESH FRUIT</p> <p>TERIYAKI CHICKEN W/ FRIED RICE &amp; EGG ROLL MINI CORNDOGS STIR FRY VEGGIES BLACK-EYED PEAS FRESH SIDE SALAD FRUIT</p> 	<p><b>07</b> WAFFLES, SAUSAGE LINK, FRESH FRUIT</p> <p>CHICKEN NOODLE SOUP W/ GRILLED CHEESE CHEESE QUESADILLA STEAMED BROCCOLI SWEET POTATO FRIES FRESH SIDE SALAD FRUIT</p>	<p><b>01</b> SAUSAGE, GRAVY BISCUIT, FRESH FRUIT</p> <p>SOUTHWEST CHICKEN W/ WARM ROLL HAMBURGER PARMESAN ROASTED BROCCOLI FRENCH FRIES FRESH SIDE SALAD FRUIT</p> 	<p><b>02</b> CINNAMON ROLL, FRESH FRUIT</p> <p>BEEF TIPS W/ BROWN RICE &amp; WARM ROLL CHICKEN NUGGETS W/ WARM ROLL CITRUS CINNAMON GLAZED CARROTS SEASONED STEAMED SQUASH FRESH SIDE SALAD FRESH FRUIT FROSTED CUPCAKE</p>	<p><b>03</b> SCRAMBLED EGGS, BACON, WAFFLES, FRESH FRUIT</p> <p>CHILI W/ GRILLED CHEESE CRISPY CHICKEN SANDWICH TATER TOTS STEAMED GREEN BEANS FRESH SIDE SALAD FRESH FRUIT</p>
<p><b>13</b> FRENCH TOAST STICKS, SAUSAGE, FRESH FRUIT</p> <p>COUNTRY FRIED STEAK &amp; GRAVY W/ WARM ROLL CHICKEN NUGGETS W/ WARM ROLL MASHED POTATOES GREEN PEAS FRESH SIDE SALAD FRESH FRUIT</p>	<p><b>14</b> BREAKFAST PIZZA, FRESH FRUIT <i>HAPPY VALENTINE'S DAY</i></p> <p>CHICKEN TWISTED PASTA W/ ITALIAN BREADSTICK CHEESEBURGER STEAMED GREEN BEANS FRENCH FRIES FRESH SIDE SALAD FRESH FRUIT HOT FUDGE CAKE</p> 	<p><b>15</b> SAUSAGE, GRAVY BISCUIT, FRESH FRUIT</p> <p>CARIBBEAN CHICKEN W/ WARM ROLL FISH BOAT BROCCOLI WITH CHEESE BLACK-EYED PEAS FRESH SIDE SALAD FRESH FRUIT</p>	<p><b>16</b> CINNAMON ROLL, FRESH FRUIT</p> <p>SPAGHETTI W/ ITALIAN BREADSTICKS GRILLED CHICKEN SANDWICH CITRUS CINNAMON GLAZED CARROTS SPINACH FLORENTINE FRESH SIDE SALAD FRESH FRUIT</p> 	<p style="text-align: center;"><b>CRITICAL DATA DAY</b></p> 
<p><b>20</b></p> <p style="text-align: center;"><b>VERTICAL PLANNING DAY</b></p> 	<p><b>21</b> WAFFLES, SAUSAGE LINK, FRESH FRUIT</p> <p>CHIPOTLE CHICKEN NACHOS W/ FRIED RICE HAMBURGER STEAMED BROCCOLI SWEET POTATO FRIES FRESH SIDE SALAD FRESH FRUIT</p>	<p><b>22</b> MUFFIN &amp; YOGURT, FRESH FRUIT</p> <p>LASANGA W/ ITALIAN BREADSTICK CORN DOG TATER TOTS LEMON ROASTED CARROTS FRESH SIDE SALAD FRESH FRUIT</p> 	<p><b>23</b> SAUSAGE BISCUIT, FRESH FRUIT</p> <p>HAMUBURGER STEAK W/ GRAVY &amp; WARM ROLL CHICKEN TENDER BASKET MASHED POTATOES GREEN PEAS FRESH SIDE SALAD FRESH FRUIT COOKIE</p>	<p><b>24</b> SCRAMBLED EGGS, BACON, BISCUIT, FRESH FRUIT</p> <p>WINGS &amp; THINGS BBQ PORK SANDWICH BAKED BEANS CORN FRESH SIDE SALAD FRESH FRUIT</p> 
<p><b>27</b> FRENCH TOAST STICKS, SAUSAGE, FRESH FRUIT</p> <p>BUFFALO CHICKEN DIP HOT DOG W/ CHIPS STEAMED GREEN BEANS CORN FRESH SIDE SALAD FRESH FRUIT</p> 	<p><b>28</b> BREAKFAST PIZZA, FRESH FRUIT</p> <p>CHEESY CHICKEN PASTA W/ ITALIAN BREADSTICK ITALIAN MEATBALL SUB TOMATO &amp; ZUCCHINI GRATIN BLACK-EYED PEAS FRESH SIDE SALAD FRESH FRUIT</p> 	<p style="text-align: center;"><b>Today you are you! That is truer than true! There is no one alive who is you-er than you!</b></p> <p style="text-align: center;">~Dr. Seuss</p> 	<p style="text-align: center;"><b>Today you are you! That is truer than true! There is no one alive who is you-er than you!</b></p> <p style="text-align: center;">~Dr. Seuss</p> 	

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