

FEBRUARY



Middle School Lunch Menu February 1 - February 12

Monday	Tuesday	Wednesday	Thursday	Friday
February 1	February 2	February 3	February 4	February 5
Popcorn Chicken Bowl: Mashed Potatoes, Whole Grain Popcorn Chicken & Steamed Corn Topped with Gravy		Turkey & Cheese Panini on Whole Grain Flatbread: Jennie Os Roasted Turkey Breast, Sliced Cheese, Spinach, Tomatoes & Mayo on Whole Grain Flatbread	SUPERBOWL SPECIAL! Boneless Chicken Wings with Celery & Carrot Sticks, Dressing Dippers, and Whole Grain Chips	
Turkey & Cheese Panini on Whole Grain Flatbread: Jennie Os Roasted Turkey Breast, Sliced Cheese, Spinach, Tomatoes & Mayo on Whole Grain Flatbread		Assorted Sandwiches, Salads, & Parfait Lunches	Turkey & Cheese Panini on Whole Grain Flatbread: Jennie Os Roasted Turkey Breast, Sliced Cheese, Spinach, Tomatoes & Mayo on Whole Grain Flatbread	
Assorted Sandwiches, Salads, & Parfait Lunches			Assorted Sandwiches, Salads, & Parfait Lunches	
Vegetable Sides: Baby Carrots or Broccoli Florets		Vegetable Sides: Roasted Ranch Chickpeas, Baby Carrots, or Broccoli Florets	Vegetable Sides: Celery Sticks with Dressing Dipper or Oven Baked Fries	
Assorted Fruit		Assorted Fruit	Assorted Fruit	
Choice of Chocolate or White Milk		Choice of Chocolate or White Milk	Choice of Chocolate or White Milk	
February 8	February 9	February 10	February 11	February 12
Brunch For Lunch! Whole Grain French Toast Sticks with Maple Syrup & Turkey Sausage		BBQ Breaded Chicken Sandwich: Whole Grain Rich Chicks Chicken Patty on a Whole Grain Hamburger Bun, Lettuce, Tomato & BBQ Sauce	Dijon Chicken Salad: Grilled Chicken Strips, Baby Spinach Shredded Carrots, Chopped Celery, Diced Tomatoes with Honey Dijon Dressing, Served with a Whole Wheat Dinner Roll	
BBQ Breaded Chicken Sandwich: Whole Grain Rich Chicks Chicken Patty on a Whole Grain Hamburger Bun, Lettuce, Tomato & BBQ Sauce		Assorted Sandwiches, Salads, & Parfait Lunches	BBQ Breaded Chicken Sandwich: Whole Grain Rich Chicks Chicken Patty on a Whole Grain Hamburger Bun, Lettuce, Tomato & BBQ Sauce	
Assorted Sandwiches, Salads, & Parfait Lunches			Assorted Sandwiches, Salads, & Parfait Lunches	
Vegetable Sides: Baby Carrots or Broccoli Florets		Vegetable Sides: Cucumber Slices or Chickpeas with Salsa	Vegetable Sides: Oven Baked Fries or Honey Roasted Chickpeas	
Assorted Fruit		Assorted Fruit	Assorted Fruit	
Choice of Chocolate or White Milk		Choice of Chocolate or White Milk	Choice of Chocolate or White Milk	

The Food Service Staff continues to work in safe and sanitary conditions to prepare and provide meals to our students. Every day we follow FDA Food Safety standards of frequent and thorough hand washing, wearing gloves and hairnets and not reporting to work if sick. If you have any questions about our meal service during this time please contact: Sarah Ginn at 610.670.0180 x 1147 I will return your call as quickly as possible.