



# FEBRUARY | 2019

## ST HENRY DISTRICT HIGH SCHOOL

### News

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28							
4	Mandarin Chicken OR Beef Teriyaki Dippers Steamed Broccoli Carrots with Dip Steamed Rice Mandarin Oranges Fresh Fruit Milk	5	Chicken Tenders OR Spicy Chicken Tenders Waffle Fries Baked Beans Veggie Boat with Dip Diced Peaches Fresh Fruit Milk	6	Penne Pasta with Meat Sauce OR Chicken Alfredo Glazed Carrots Garden Salad Diced Pears Fresh Fruit Milk		
11	Chicken Patty Sandwich OR Cheeseburger Waffle Fries Carrots & Celery with Dip Diced Pears Fresh Fruit Milk	12	Beef OR Chicken Philly Sandwich with Queso Sautéed Peppers and Onions Garden Salad Steamed Broccoli Mandarin Oranges Fresh Fruit Milk	13	Chicken OR Cheese Quesadilla Salsa, Sour Cream, Refried Beans, Corn Applesauce Fresh Fruit Milk	14	Sweet Thai Chicken with Rice OR Honey Sriracha Chicken Bowl Glazed Carrots Veggie Boat with Dip Diced Peaches Fresh Fruit Milk
18	<b>PRESIDENT'S DAY</b>	19	3, 4, or 5 Way Chili Spaghetti Garden Salad Shredded Cheese Glazed Carrots Oyster Crackers Mandarin Oranges Fresh Fruit Milk	20	Choice of Cheese, Pepperoni, OR Buffalo Chicken Pizza Garden Salad Steamed Broccoli Applesauce Fresh Fruit Milk	21	Beef Nachos OR Soft Taco Shredded Cheese Refried Beans Corn Salsa, Sour Cream Diced Peaches Fresh Fruit Milk
25	Cheeseburger OR Hot Ham and Cheese Sandwich Sweet Potato Puffs Garden Salad Pineapple Tidbits Fresh Fruit Milk	26	Meatball Sub OR Chicken Patty Sandwich Potato Wedges Corn Applesauce Fresh Fruit Milk	27	Chicken Tenders OR Spicy Chicken Tenders Macaroni and Cheese Baked Beans Veggie Boat with Dip Diced Peaches Fresh Fruit Milk	28	Salisbury Steak with Dinner Roll OR Cheeseburger Mashed Potatoes Green Beans Diced Pears Fresh Fruit Milk
					1		
					Cheesy Flatbread OR Pizza Crunchers with Marinara Sauce Glazed Carrots Garden Salad Applesauce Fresh Fruit Milk		
					8		
					Grilled Cheese OR Fish Taco Tomato Soup Green Beans Oyster Crackers Applesauce Fresh Fruit Milk		
					15		
					Pizza Crunchers OR Individual Cheese Pizza Steamed Broccoli Garden Salad Pineapple Tidbits Fresh Fruit Milk		
					22		
					Fish Sandwich OR Mozzarella Cheese Sticks with Marinara Sauce Potato Wedges Veggie Boat with Dip Diced Pears Fresh Fruit Milk		
					1		

**A wrap, large salad, chicken sandwich, peanut butter & jelly jamwich or deli sandwich may be substituted for the main entrée. The entrée may be substituted for that day's main meal and two ½ cups of fruit and vegetables may be added to make a reimbursable meal. Yogurt parfaits and assorted bagged snacks as well as drinks available daily. Ala carte charges are not allowed.**

*In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.*

*To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866)632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800)845-6136(Spanish). USDA is an equal opportunity provider and employer.*