

# February 2018

## Fayetteville High School

### LUNCH



**A complete lunch MUST consist of at least 3 separate items offered that day, from at least 3 of the 5 food components. One of which MUST be fruit or veggie**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. . \*\*  
 USDA is an equal opportunity employer & provider \*\*  
 \*\* Manager Reserves the right to substitute due to food availability \*\*



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Cheesy Meatloaf  
 Or  
 Pork Chop Patty  
 Roll  
 Mac & Cheese  
 Steamed Broccoli  
 Mixed Fruit

5

Cheese Quesadilla  
 Or  
 Salisbury Steak w/roll  
 Mixed Veggies  
 French Fries  
 Diced Peach Cups

6

Frito Taco Salad  
 Or  
 Chicken Sliders Sandwich  
 Mexican Corn  
 Spicy Pintos  
 Side Kick Fruit Slush

7

Pizza Hut Pizza  
 Or  
 Pulled Pork BBQ w/roll  
 Baked Potato  
 Corn on Cob  
 Pineapple

1

Hamburger on Bun  
 Or  
 Hot Ham & Cheese Sandwich  
 Tater Tots  
 Side Salad  
 Strawberry Yogurt Parfait

2

Chicken Parmesan  
 OR  
 Meatballs  
 Roll  
 Green Beans  
 Buttered Corn  
 Mixed Fruit

12

Chicken Fajita w/wrap  
 Or  
 Hamburger on Bun  
 Corn on Cob  
 Tater Wedges  
 Apple

13

Meatball Sub  
 Or  
 Chicken Breast w/roll  
 Lettuce & Tomato  
 Baked Beans  
 Pineapple Chunk

14

Pizza Hut Pizza  
 Or  
 Teriyaki Beef Blasters w/roll  
 Salad  
 Buttered Corn  
 Oranges

15

Chili con Carne w/crackers  
 OR  
 Chicken Breast w/roll  
 Tater Tots  
 Peas & Carrots  
 Apple  
 Cinnamon Roll

16

No School  
 Presidents' Day

19

Rotini  
 OR  
 Salisbury Steak w/gravy  
 Pinto Beans  
 California Veggies  
 Cornbread  
 Pears

20

Chicken Drumsticks  
 Or  
 Beef Fingers  
 Roll  
 Baked Beans  
 Veggie Tray  
 Apples

21

Pizza Hut Pizza  
 Or  
 Pulled Pork BBQ w/roll  
 Baked Potato  
 Corn on Cob  
 Pineapple

22

Hamburger on Bun  
 Or  
 Hot Ham & Cheese Sandwich  
 Tater Tots  
 Side Salad  
 Strawberry Yogurt Parfait

23

Cheesy Meatloaf  
 Or  
 Pork Chop Patty  
 Roll  
 Mac & Cheese  
 Steamed Broccoli  
 Mixed Fruit

26

Cheese Quesadilla  
 Or  
 Salisbury Steak w/roll  
 Mixed Veggies  
 French Fries  
 Diced Peach Cups

27

Frito Taco Salad  
 Or  
 Chicken Sliders Sandwich  
 Mexican Corn  
 Spicy Pintos  
 Side Kick Fruit Slush

28

