

Washington County School District Secondary School Lunch Menu February 2012



February 1-3

- MON**
TUE
WED Chicken Fajita, Corn, Fruit, Milk
THU Salisbury Steak, Mashed Potatoes, Fresh Fruit, WW Roll, Milk
FRI BBQ Chicken on a Bun, French Fries, Salad, Fruit, Milk

February 6-10

- MON** Corn Dog, Salad, Fruit, Milk
TUE Chicken & Noodles, Salad, Fruit, Milk
WED Oven Fried Chicken, Green Beans, Fruit, Milk
THU Tacos, Corn, Fruit, Milk
FRI Beef-A-Roni, Lima Beans, Fruit, Milk

February 13-17

- MON** Chicken Nuggets, Mixed Vegetables, Fruit, Milk
TUE Chicken Fajita, Corn, Fruit, Milk
WED Baked Chicken, Mashed Potatoes, Broccoli w/cheese, Fruit, Milk
THU Spaghetti, Salad, Fruit, Garlic Bread, Milk
FRI Chili or Plain Hot Dog, Salad, Fruit, Milk

February 20-24

- MON** No School
TUE Salisbury Steak, Mashed Potatoes, Fresh Fruit, WW Roll, Milk
WED Chicken & Noodles, Salad, Fruit, Milk
THUR BBQ Riblette, Lima Beans, Fruit, Milk
FRI Grilled Ham & Cheese, Corn, Fruit, Milk

February 27-29

- MON** Chicken Nuggets, Mashed Potatoes/gravy, Fruit, Milk
TUE Chicken Parmesan, Broccoli, Applesauce, Milk
WED Spaghetti, Salad, Fruit, Garlic Bread, Milk
THUR
FRI



Fresh Baked Pizza



Hamburger, Cheeseburger, Chicken Filet



Salads, Wraps, Sandwiches
Grab & Go



Features a bounty of fresh, seasonal and composed side dishes including hot or cold veggies, fresh cut fruits and side salads. These healthy options add value to your meal and are a perfect spot to round out your meal.



An asterisk(*) denotes components of Balanced Choices meals that meet strict nutrient parameters for calories, fat, saturated fat, cholesterol, fiber, sodium, and other key nutrients. All Balanced Choices meals include a choice of 1% or less milk.

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