



Mon. & Wed. sandwich bar and pre-made salads available

Tues. & Thurs. salad bar and pre-made sandwiches available

Medomak Valley High School February 2017

Friday: pre-made salads and sandwiches

		1 Cheese Burger on WG Roll Oven Fries or Mgrs. Choice Veggie Fruit Choice	2 Reg/Spicy Chicken Burger Baked Beans or Mgrs. Choice Veggie Peaches	3 Ham/Cheese Pizza Broccoli w/ranch dip Crunchy Apple
6 Pulled Pork on WG Roll Baked Beans, Cole Slaw or Mgrs. Choice Veggie Fruit Choice	7 Cheese Burger on WG Roll Sweet Potato Fries or Mgrs. Choice Veggie Pineapple Chunks	8 <i>Early Release</i> <i>Tuna Roll or Ham & Cheese on WG Roll</i> <i>Fresh Broccoli w/ranch dip</i> <i>Applesauce</i>	9 BBQ Chicken Wrap WK Corn or Mgrs. Choice Veggie Diced Pears	10 Big Daddy Pizza Mixed Veggies w/ranch dip Crisp Apple
13 Mac & Cheese w/ham Steamed Carrots or Mgrs. Choice Veggie Fruit Choice	14 Build Your Own Italian Black Bean Salad or Mgrs. Choice Veggie Chips Strawberry Cup	15 Spaghetti w/meatsauce Garlic Bread Steamed Broccoli or Mgrs. Choice Veggie Diced Peaches	16 Chinese Lunch Sweet n Sour Meatball's, Vegetable Fried Rice, WK Corn Spiced Applesauce	17 Pepperoni/Cheese Pizza Celery w/peanut butter Fresh Fruit
20 Holiday	21 Vacation	22 Vacation	23 Vacation	24 Vacation
27 Cheese Quesadillas Steamed Carrots or Mgrs. Choice Veggie Diced Pears	28 Taco Tuesday with the fixins' Black Bean Salad or Mgrs. Choice Veggie Spiced Apples			"This institution is an equal opportunity provider"

Menu is subject to change according to availability of foods.

Please send in breakfast and lunch money on the first school day of the each week or you can pay by the month.