

February 2018

Lunch



Muroc JUSD Jr.-Sr. High School Lunch

C3S - Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			CHICKEN & WAFFLES ^ Syrup MINI CORN DOGS CHEESE PIZZA WEDGE Fresh Apple* Salad Bar Selections	SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ HAMBURGER CRISPY CHICKEN FILLET Hamburger Bun ^ Fresh Orange* Diced Peas Salad Bar Selections
POPCORN CHICKEN TURKEY SALAMI & CHEESE ON A WHOLE WHEAT BUN ^ Diced Peaches Orange Juice Cheddar Sun Chips ^ Salad Bar Selections Pickle Chips	RANCH TURKEY BURGER SPICY CHICKEN FILLET Hamburger Bun Chipotle Ranch CHEESE PIZZA WEDGE ^ Mixed Fruit Cup Cherry Craisins Salad Bar Selections Black Beans	PEPPERONI PIZZA WEDGE ^ CHILI Corn Muffin ^ CHEESY PARM WRAP ^ Fresh Banana* Salad Bar Selections	ROTINI BAKE ^ PIZZA DIPPERS ^ CHICKEN TENDERS Marinara Dipping Sauce Breadstick (IW)^ Fresh Apple* Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins Croutons ^	CHEESEBURGER FLATBREAD ^ BAGEL DOG ^ SAUSAGE PIZZA WEDGE ^ Diced Peas Salad Bar Selections
CHICKEN TENDERS DELI SUB SANDWICH ^ Applesauce Cup Chocolate Cookie ^ Salad Bar Selections Green Pepper Slices	PANCAKES & SAUSAGE ^ Syrup PEPPERONI PIZZA WEDGE ^ MINI CORN DOGS Diced Peaches Pineapple Tidbits Salad Bar Selections Pickle Chips	4-CHEESE PANINI ^ HOT DOG Hot Dog Bun CRISPY CHICKEN FILLET Hamburger Bun Fresh Pear* Strawberry Craisins Vanilla Cookie ^ Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes	TACO MEAT Tostada Bowl^ CHICKEN NUGGETS Marinara Dipping Sauce CHEESE PIZZA WEDGE Fresh Banana* Orange Sorbet 100% Juice Multi Grain Sun Chips ^ Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins	
	CHICKEN NUGGETS TURKEY SALAMI & CHEESE ON A WHOLE WHEAT BUN ^ Diced Peas Snickerdoodle Cookie ^ Salad Bar Selections Pickle Chips	HAMBURGER Hamburger Bun BAGEL DOG ^ Sriracha Ketchup CHEESE PIZZA WEDGE ^ Mixed Fruit Cup Salad Bar Selections	VEGETARIAN CHILI W/ BEANS Corn Muffin PANCAKES & SAUSAGE ^ Syrup SPICY CHICKEN FILLET Hamburger Bun Fresh Apple* Salad Bar Selections Black Beans	PIZZA DIPPERS ^ Marinara Dipping Sauce SPAGHETTI W/MEATBALLS Breadstick (IW)^ BBQ FAJITA CHICKEN Hamburger Bun ^ Fresh Pear* Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins
COUNTRY CHICKEN COMBO ^ TURKEY & CHEESE SANDWICH ^ Applesauce Cup Pineapple Tidbits Cherry Mini Loaf ^ Salad Bar Selections	HOT DOG Hot Dog Bun CHICKEN RANCH FLATBREAD ^ CHEESE PIZZA WEDGE ^ Diced Peaches Cherry Craisins Vanilla Cookie ^ Salad Bar Selections Black Beans Corn	PEPPERONI PIZZA WEDGE ^ SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ Salsa Cup CRISPY CHICKEN FILLET Hamburger Bun ^ Fresh Banana* Salad Bar Selections Pickle Chips		

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

Healthy!

www.PreferredMealsMenu.com



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