

# FEBRUARY

## Lunch



### Muroc JUSD Jr.-Sr. High School Lunch

C3S - Lunch 7-12

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>RANCH TURKEY BURGER</b> <b>SPICY CHICKEN FILLET</b> Hamburger Bun ^ <b>CHEESE PIZZA WEDGE ^</b> Fruit Punch Juice Diced Peaches Salad Bar Selections
<b>PANCAKES &amp; SAUSAGE ^</b> Syrup <b>CHICKEN TENDERS</b> Diced Peaches Pineapple Tidbits Raspberry Cookies ^ Salad Bar Selections Green Pepper Slices	<b>CHEESE PIZZA WEDGE</b> <b>HOT DOG</b> Hot Dog Bun <b>TURKEY HAM &amp; CHEESE PANINI ^</b> Applesauce Cup Fruit Punch Juice Multi Grain Sun Chips ^ Salad Bar Selections Pickle Chips	<b>MINI CORN DOGS</b> <b>HAMBURGER</b> Hamburger Bun ^ <b>GRILLED CHEESE SANDWICH ^</b> Mixed Fruit Cup Orange-Tangerine Juice Salad Bar Selections Black Beans Corn	<b>CHICKEN NUGGETS</b> <b>PIZZA DIPPERS ^</b> Marinara Dipping Sauce <b>CHILI</b> Corn Muffin Fresh Apple* Chocolate Cookie ^ Salad Bar Selections	<b>SALISBURY STEAK W/ GRAVY</b> Sliced Bread ^ (2) <b>CRISPY CHICKEN PATTY ^</b> Hamburger Bun ^ <b>SAUSAGE PIZZA WEDGE ^</b> Craisins Fresh Pear* Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes
<b>PEPPERONI PIZZA WEDGE ^</b> <b>CHICKEN TENDERS</b> Apple Juice Diced Peaches Vanilla Cookie ^ Salad Bar Selections	<b>BEAN &amp; CHEESE BURRITO ^</b> <b>HOT DOG</b> Hot Dog Bun ^ <b>DELI SUB SANDWICH ^</b> Mixed Fruit Cup Grape Juice Tortilla Rounds ^ Salad Bar Selections	<b>CHICKEN NUGGETS WITH POTATO ROUNDS ^</b> Corn Muffin ^ <b>HAMBURGER</b> Hamburger Bun ^ <b>CHEESE PIZZA WEDGE ^</b> Fresh Banana* Fruit Punch Juice Salad Bar Selections Black Beans	<b>MAC &amp; CHEESE ^</b> Breadstick (IW)^ <b>PIZZA DIPPERS ^</b> Marinara Dipping Sauce <b>BAGEL DOG ^</b> Fresh Apple* Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins	
	<b>MEATLOAF PANINI ^</b> <b>CHICKEN TENDERS</b> Applesauce Cup Grape Juice Multi Grain Sun Chips ^ Salad Bar Selections Pickle Chips	<b>POPCORN CHICKEN</b> Corn Muffin ^ <b>HAMBURGER</b> Hamburger Bun ^ <b>BEAN &amp; CHEESE BURRITO ^</b> Fresh Pear* Orange-Tangerine Juice Salad Bar Selections Green Pepper Slices	<b>CHICKEN RANCH FLATBREAD ^</b> <b>PIZZA DIPPERS ^</b> Marinara Dipping Sauce <b>SAUSAGE PIZZA WEDGE ^</b> Fresh Apple* Salad Bar Selections	<b>MINI CHEESE RAVIOLI WITH SAUCE ^</b> Breadstick (IW)^ <b>CRISPY CHICKEN PATTY ^</b> Hamburger Bun <b>MINI CORN DOGS</b> Fresh Banana* Diced Pears Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes
<b>CORN DOG ON A STICK^</b> <b>CHICKEN TENDERS</b> Apple Juice Pineapple Tidbits Pretzel ^ Salad Bar Selections Pickle Chips	<b>4-CHEESE PANINI ^</b> Tomato Soup^ <b>HOT DOG</b> Hot Dog Bun ^ <b>PEPPERONI PIZZA WEDGE</b> Mixed Fruit Cup Orange-Tangerine Juice Vanilla Cookie ^ Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins	<b>BBQ CHICKEN HAMBURGER</b> Hamburger Bun ^ <b>GRILLED CHEESE SANDWICH ^</b> Fresh Orange* Grape Juice Salad Bar Selections Black Beans	<b>CHILI</b> Corn Muffin ^ <b>PIZZA DIPPERS ^</b> <b>CHICKEN DIPPERS</b> Breadstick (IW)^ Marinara Dipping Sauce Fresh Apple* Salad Bar Selections	

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

[www.preferredmeals.com](http://www.preferredmeals.com)



The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.nrcs.usda.gov/complaint\\_filing\\_cust.html](http://www.nrcs.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866)632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington D.C. 20250-9410, by fax (202)690-7442 or email [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing 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.