











# February Junior High Menu

Health-e Pro 

MON	TUE	WED	THU	FRI
 <b>HARVEST OF THE MONTH: WINTER SQUASH</b>			<b>1</b> Spaghetti with Choice of Meat or Marinara Sauce, Garlic Breadstick, Broccoli 	<b>2</b> Walden Hamburger, Cheeseburger, or Veggie Burger Lettuce, Pickles, Onion, and Tomato Tater Tots 
<b>5</b> Chicken Patty, Spicy Chicken Patty, or Veggie Burger Sweet Potato Fries 	<b>6</b> Tacos with Lean Beef, Beans, Salsa, Sour Cream, and Lettuce or Quesadillas Corn & Bean Salad 	<b>7</b> Orange Chicken, Fried Rice with Peas & Carrots Fortune Cookie	<b>8</b> Grilled Cheese or Pulled Pork Sandwiches and <b>Harvest of the Month Butternut Squash Fries</b> 	<b>9</b> <b>The Tailgate Sampler</b> Mozzarella Sticks, Chicken Tenders, Tater Tots, and Marinara Dip 
<b>12</b> Chicken Dumplings, Stir Fry Vegetables, Fortune Cookie	<b>13</b> Nachos with Beef, Beans, Salsa, Sour Cream, Lettuce Corn & Bean Salad 	<b>14</b> Mozzarella Sticks or Max Pizza Sticks with Marinara Dipping Sauce and <b>Harvest of the Month Roasted Squash</b> 	<b>15</b> Mac and Cheese with a Garlic Breadstick and Green Beans 	<b>16</b> Sal's Pizza Choice of Toppings Little Leaf Farms Tossed Salad 
<b>19</b>  <b>FEBRUARY Vacation</b>				
<b>26</b> General Tso's Chicken Tossed Over Brown Rice and Broccoli	<b>27</b> Chef Special: Please let us know if you are looking for allergen information!	<b>28</b> Teriyaki Chicken Tossed Over Brown Rice and Carrots	<b>29</b> Pasta with Meat or Marinara Sauce, Garlic Breadstick, and Broccoli 	All lunches are served with a milk, unlimited fruits & vegetables, and a smile! 

## ANNOUNCEMENTS

**HAPPY LUNAR NEW YEAR**



=Vegetarian Main Lunch Available

Each student also may choose from our daily lunch options which include a choice of Boar's Head Deli Sandwiches, Peanut Butter and Jelly, Power Packs, Salads, Smoothies, Acai Bowls, and Pizza.

Menus are subject to change based on product availability. Please contact us at [lunchonline@abschools.org](mailto:lunchonline@abschools.org) with any questions or comments.

## MEAL PRICES

All students receive daily 1 breakfast and 1 lunch at no charge.

Additional breakfast and lunch meals and a la carte items are available for purchase at each school. Visit our website for more information.

Prepay for meals online at [www.schoolcafe.com/abrsd](http://www.schoolcafe.com/abrsd) or pay by cash/check (AB Food Services) at school