




February High School Menu

Health-e Pro 

MON	TUE	WED	THU	FRI
 HARVEST OF THE MONTH: WINTER SQUASH			1 Cacio e Pepe Mozzarella Breadstick Roasted Broccoli	2 <i>National Tater Tot Day</i> Walden Cheeseburger or Veggie Burger Lettuce, Onion, Tomato Oven Baked Fries
5 Pasta with Choice of Marinara or Meat Sauce, Garlic Breadstick, and Roasted Veggies	6 Nachos with Pulled Pork, Beans, Salsa, Sour Cream, Guacamole Corn & Bean Salad	7 Ramen Noodle Bowl with Choice of Chicken and Veggies	8 General Tso's Chicken over Brown Rice with Roasted Broccoli	9 Tailgate Chicken Wing Bar with Choice of Sauce, Mozzarella Sticks, and Tater Tots 
12 Popcorn Chicken Bowl with Mashed Potatoes, Corn, and Gravy	13 Grilled Cheese or Grilled Cheese and Tomato Tomato Soup	14 Chicken and Vegetable Dumplings with Side of Fried Rice and Stir Fried Vegetables	15 Chicken, <i>Butternut Squash</i> , and Black Bean Chili Cornbread 	16 Homemade Mac and Cheese, Mozzarella Breadstick, & <i>Harvest of the Month Squash</i>
19 	20 FEBRUARY Vacation		22	23
26 Brunch for Lunch, Chicken Sausage, Hash browns, Orange Juice	27 Sweet N Sour Chicken over Brown Rice and Cauliflower	28 Pasta with Choice of Marinara or Meat Sauce, Garlic Breadstick, and Roasted Veggies	29 Gyro on Pita Bread with Choice of Chicken or Chickpeas, Tomato, Onion, and Cucumber, Tzatziki Sauce & Tater Tots	

ANNOUNCEMENTS

**HAPPY LUNAR
NEW YEAR**



Each student also may choose from our daily lunch options which include 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 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 or pay by cash/check (AB Food Services) at school