

SHS CYCLE MENU

		2/1	2/2	2/3
		<u>BREAKFAST</u> Cereal, Milk, Fruit Cup & Fruit Juice <u>LUNCH</u> Grilled Cheese, Tomato Soup, Hash Brown Potatoes, Veggie & Fruit	<u>BREAKFAST</u> Cinnamon Roll, Fruit Cup & Fruit Juice <u>LUNCH</u> Pasta Rotoni w/wout Spaghetti Sauce, Bread Sticks, Veggie & Fruit	<u>BREAKFAST</u> Hot Oatmeal, Milk, Fruit Cup & Fruit Juice <u>LUNCH</u> Pizza Dippers w/Stuffed Cheese, Pizza Sauce, Veggie & Fruit
2/6	2/7	2/8	2/9	2/10
<u>BREAKFAST</u> Egg & Cheese on an English Muffin, Fruit Cup and Fruit Juice <u>LUNCH</u> Hamburger/Cheeseburger on a Whole Wheat Roll, Baked Potato Chips, Dill Pickle & Fruit	<u>BREAKFAST</u> Apple Turnover, Fruit Cup & Fruit Juice <u>LUNCH</u> Chicken Nuggets, Baked French Fries, Veggie & Fruit	<u>BREAKFAST</u> Bagel, Cream Cheese, Jelly, Fruit Cup & Fruit Juice <u>LUNCH</u> Sloppy Joe's on a Whole Wheat Roll, Chili W/ Beans, Carrot Sticks & Fruit	<u>BREAKFAST</u> Cereal , Milk, Fruit Cup & Fruit Juice <u>LUNCH</u> Meatballs & Spaghetti, Bread Sticks, Celery Sticks & Fruit	<u>BREAKFAST</u> Egg, Bacon & Cheese on a Crossiant, Fruit Cup & Fruit Juice <u>LUNCH</u> Bacon or Cheese Pizza, Tossed Salad, & Fruit
2/13	2/14	2/15	2/16	2/17
<u>BREAKFAST</u> Hot Oatmeal Fruit Cup & Fruit Juice <u>LUNCH</u> Hot Dog on a Whole Wheat Roll, Baked French Fries, Veggie & Ice Cream Cup	<u>BREAKFAST</u> Blueberry Muffin, Fruit Cup & Fruit Juice <u>LUNCH</u> Popcorn Chicken, Pilaf Rice, Veggie & Fruit	<u>BREAKFAST</u> French Toast, Bacon, Syrup, Fruit Cup & Fruit Juice <u>LUNCH</u> Meatball Grinder, French Fries, Veggie, & Fruit	<u>BREAKFAST</u> Scrambled Eggs, Sausage, Fruit Cup & Fruit Juice <u>LUNCH</u> Pasta Alfredo, Bread Sticks, Veggie & Fruit	<u>BREAKFAST</u> Cereal, Milk, Fruit Cup and Fruit Juice <u>LUNCH</u> Cheese French Bread Pizza, Celery Sticks, & Orange Slices
2/20	2/21	2/22	2/23	2/24
<u>NO SCHOOL</u>	<u>NO SCHOOL</u>	<u>BREAKFAST</u> Cereal, Milk, Fruit Cup & Fruit Juice <u>LUNCH</u> Tuna Fish Sandwich, Tomato Soup, Goldfish Crackers, Veggie & Fruit	<u>BREAKFAST</u> Egg, Cheese & Bacon on a Crossiant, Fruit Cup & Fruit Juice <u>LUNCH</u> Stuffed Shells, Bread Sticks, Veggie & Fruit	<u>BREAKFAST</u> Cinnamon Roll, Fruit Cup & Fruit Juice <u>LUNCH</u> Cheese Pizza, Tossed Salad, & Fruit
2/27	2/28	2/29	<u>NOTICE</u>	
<u>BREAKFAST</u> Apple Cinnamon Muffin, Fruit Cup & Fruit Juice <u>LUNCH</u> Upside Down Day, Waffle Sticks, Sausage Patties, Syrup, & Fruit	<u>BREAKFAST</u> Cereal, Milk, Fruit Cup & Fruit Juice <u>LUNCH</u> Chicken Drumsticks, Smiley Face Potatoes Veggie & Fruit	<u>BREAKFAST</u> Pancakes, Bacon Slices, Fruit Cup & Fruit Juice <u>LUNCH</u> Baked Pork Loin Slices, Mashed Potatoes, Gravy, Veggie & Fruit	During Lent, No Hot Dogs Will be served on Ash Wednesday or Fridays.	
<u>BREAKFAST ALTERNATE:</u> Cold Cereal				
<u>LUNCH ALTERNATE:</u> #1 Peanut Butter & Jelly, #2 Hot Dog, #3 Grilled Cheese, #4 House Salad				

Note 1: Fresh fruit and other snacks are available every day at the snack counter.

Note 2: 1% milk is available and is payable by separate check.