

February 2018 EDWARDS COUNTY HIGH SCHOOL LINE 2

LUNCH



School Information: This Institution is an equal opportunity provider.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Pizza Calzone or Chicken on Bun **1**
Carrot & Celery Sticks w/dip
Pears
Milk

Spicy Chicken on Bun or Hamburger **2**
Garden Salad
Orange Medley
Mandarin Oranges
Milk

Hamburger or Quesadilla w/ Salsa **5**
Garden Salad
Assorted Vegetable Punch
Peaches
Milk

Mini Twin Grilled Chicken w/Pepper Jack Cheese or Cheeseburger **6**
Baked Beans
Celery Sticks w/ dip
Cinn. Applesauce, Juice & Milk

Ham & Cheese Stuffer or Chicken on Bun **7**
Carrot Sticks & Green Pepper Slices w/ dip
Pineapple
Juice & Milk

Cheesy Breadsticks w/Marinara Sauce or Spicy Chicken on Bun **8**
Garden Salad
Cherry Smooth Sidekick
Fresh Fruit Mix, Juice & Milk

Popcorn Chicken w/ Sun Chips Or Cheeseburger **9**
Seasoned Fries
Carrot Sticks & Tomatoes w/ dip
Apricot Cup
Juice & Milk

Cheeseburger or Chipotle Chicken **12**
Carrot Sticks, Green Pepper Slices & Tomatoes w/ dip
Rosy Applesauce
Milk

Chili Cheese Dog w/Cheez-its Or Chicken on Bun **13**
Seasoned Fries
Assorted Vegetable Punch
Peaches
Milk

Chicken Alfredo with a Twist & Garlic Bread or Pizza **14**
Garden Salad
Corn
Pineapple
Juice & Milk

Spicy Chicken on Bun or Cheeseburger **15**
Baked Beans
Cherry Smooth Sidekick
Mandarin Oranges
Milk

Fish on Bun or Cheeseburger **16**
Pickles & Onions
Broccoli & Cauliflower w/ dip
Sidekick
Juice & Milk

No School **19**

Buffalo Sticks w/ Doritos Or Chicken on Bun **20**
Carrot Sticks w/ dip
Assorted Vegetable Punch
Pineapple
Milk

B.B.Q. Pork on Bun or Chicken Wrap w/ Blueberry **21**
Lemon Bites
Baked Beans
Celery Sticks & Cucumbers w/ dip
Pears, Juice & Milk

Spicy Chicken on Bun or Cheeseburger **22**
Garden Salad
Assorted Vegetable Punch
Mandarin Oranges
Milk

Hamburger or Chicken Fryz w/ Pumpkin Bar **23**
Seasoned Fries
Carrot Sticks w/ dip
Applesauce
Juice & Milk

Hamburger or Spicy Chicken **26**
Carrots
Orange Medley
Peaches
Milk

Cheeseburger or Mini Corn Dogs **27**
Baked Beans
Broccoli & Cauliflower w/dip
Sidekick
Juice & Milk

Chicken Fajita or Soft Shell Taco **28**
Lettuce, Tomatoes & Salsa
Corn
Choc. Frosted Cookies
Rosy Applesauce & Milk

