



*Jac-Cen-Del High School  
Lunch Menu  
February 2018*



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Breakfast  
Daily  
7:30 –8:00**

<p><u><b>USDA REQUIRMENTS</b></u> <u><b>Students must select at least one item from the vegetables and fruit varieties offered daily!</b></u></p>			<p>1 Stuffed Crust Pizza or Personal Pizza Tossed Salad Veggie Sticks Black Beans Apple Slices or Mix Fruit</p>	<p>2 Meat Ball Sub or Baked Tenderloin on Bun Multi Grain Chip Pickles, Lettuce, Cheese Fresh Veggie Sticks Peach Cup</p>	<p><u><b>Monday</b></u> <i>Pancake / Syrup</i> <u><b>Tuesday</b></u> <i>Egg. &amp; Cheese Wrap</i> <u><b>Wednesday</b></u> <i>Breakfast Pizza</i></p>
<p>5 Beef n Cheddar or Cheeseburger on Bun Baked Potato Steamed Broccoli Peaches or Pears Pudding</p>	<p>6 Pepperoni Pizza or Chicken Patty on Bun Glazed Carrots Tossed Salad Veggie Stick Hot Apples</p>	<p>7 Walking Taco or Hot Dog on Bun Fresh Veggie Sticks Fruited Jell-O or Applesauce Rice Krispies</p>	<p>8 Cheese Quesadilla or Nacho &amp; Cheese with Tostitos Vegetarians Beans, Seasoned Rice, Fresh Veggie Fruit Cup</p>	<p>9 Pork Rib B-Que or Baked Tenderloin on Bun Baked Chips Romaine Salad Chilled Fruit</p>	<p><u><b>Thursday</b></u> <i>Biscuit Sausage Gravy</i> <u><b>Friday</b></u> <i>Ham, Egg, Cheese Biscuit</i></p>
<p>12 Bosco Stick with Marinara Sauce or Hamburger on Bun Baked Chips Romaine Salad Choice of Fruit</p>	<p><i>13 Brunch for Lunch Biscuit &amp; Gravy or Pancakes Scramble Eggs Sausage Link Fresh Veggies Fruit or Juice</i></p>	<p><i>14 Ash Wednesday Valentine's Day</i> Heart Nuggets or Fish, Mashed Potato Mix Salad w Cherry Tomato Heart Pretzel Heart Slushies'</p>	<p>15 Turkey or Beef Manhattan Mashed Potatoes Vegetable Blend Applesauce or Slaw Ice Cream Cup</p>	<p>16 Baked Cheese Sticks w Marianna Sauce or Baked Fish on Bun Baked Beans Salad Choice of Fruit</p>	
<p>19 Corn Dog or Cheeseburger on Bun Baked Fries Applesauce or Peaches Pudding</p>	<p><i>20 Beef n Cheese Burrito or Grilled Chicken Seasoned Rice Roll w Jelly Fresh Veggie Stick Choice of Fruit Cookie</i></p>	<p><i>21 Chili or Vegetable or Tomato Soup Sun Butter Sandwich Crackers Cheese Cubes Fresh Veggie Stick Banana or Mix Fruit</i></p>	<p>22 Mac &amp; Cheese or Ravioli Pizza Stick Romaine Salad Mix Vegetable Blend Peaches</p>	<p>23 Shrimp Poppers or Cheese Pizza Vegetarians Beans Mix Salad Chilled Fruit WG Brownie</p>	
<p>26 Pork BBQ or Cheeseburger on Bun Baked Fries Steamed Broccoli Slaw Pudding</p>	<p>27 Spaghetti w Meat Sauce or Crispy Chicken Nuggets Breadstick Glazed Carrots Fresh Fruit Cookie</p>	<p>28 Cook Choice Potato Baked Beans Salad Choice of Fruit Cookie or Brownie</p>	<p><b>March 1</b> Baked Cheese Stick or Hot Dog on Bun Baked Chips Fresh Veggies Pears or Apples</p>	<p><b>March 2</b> Grilled Cheese or Tenderloin on Bun Nachos &amp; Cheese Fresh Veggies Applesauce Cup</p>	<p><b>Breakfast is served with Fruit, Juice and Milk. Students must take all 3.</b></p>