



# February 2019

## Middle School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Join us during Nutrition Week February 4<sup>th</sup>- 8<sup>th</sup> and sample:</p> <ul style="list-style-type: none"> <li>• Colorful Carrots</li> <li>• Edamame</li> <li>• Fruit &amp; Low-Fat Yogurt Smoothies</li> <li>• Starfruit</li> <li>• Colorful Cauliflower</li> </ul>	<p><b>5</b> Chicken Parm w/ Pasta <b>Wachos</b></p> <p>Seasoned Green Beans, Red Peppers Fresh Garden Salad, Fruit Variety</p>	<p><b>6</b> Chili Baked Potato <b>Wachos</b></p> <p>Orange Glazed Carrots, Fresh Zucchini, Fresh Garden Salad, Fruit Variety</p>	<p><b>7</b> Red Bean &amp; Sausage <b>Wachos</b></p> <p>Fresh Side Salad, Baked Vegetarian Beans, Celery Sticks, Fruit Variety</p>	<p><b>1</b> Spaghetti Carbonara with Peas, Bacon, and Chicken Fresh Garden Salad, Steamed Green Beans, Cucumber and tomato Salad, Fruit Variety</p>	<p><b>Special News... More Info...</b></p> <p>Free and Reduced Meals to those who qualify Paid Lunch: \$3.00 Reduced Lunch \$:.40</p> <p>A variety of milk is offered daily: Skim Chocolate and 1% White Milk</p> <p>Free and Reduced Meal applications can be filled out anytime during the school year</p> <p>This institution is an Equal Opportunity Provider</p> <p>Menus are subject to change without notice.</p>
<p><b>4</b> Chicken Drumstick w/Dinner Roll <b>Wachos</b></p> <p>Mashed Potatoes, Fresh Broccoli, Fresh Garden Salad, Fruit Variety</p>	<p><b>12</b> Popcorn Chicken Bowl <b>Breakfast Burrito</b></p> <p>Roasted Cauliflower, Fresh Cucumber Coins, Fresh Garden Salad, Fruit Variety</p>	<p><b>13</b> Cheese Ravioli w/Dinner Roll <b>Breakfast Burrito</b></p> <p>Acorn Squash, Celery Sticks, Fresh Garden Salad, Fruit Variety</p>	<p><b>14</b> FREE WATER ICE Tai Lemon Grass Chicken <b>Breakfast Burrito</b></p> <p>Campfire Beans, Baby Carrots, Fresh Garden Salad, Fruit Variety</p>	<p><b>8</b> Nacho Bar <b>Wachos</b></p> <p>Fresh Garden Salad, Steamed Spinach, Baby Carrots, Fruit Variety</p>	
<p><b>11</b> Fish Nuggets w/Dinner Roll <b>Breakfast Burrito</b></p> <p>Crisscut Fries, Fresh Tomato Wedges, Fresh Garden Salad, Fruit Variety</p>	<p><b>19</b> Etoufee Chicken Stew <b>Cheesy Bread Chili</b></p> <p>Cilantro Rice, Green Beans w/ Carrots, Red Peppers Fresh Garden Salad, Fruit Variety</p>	<p><b>20</b> Orange Broccoli Chicken <b>Cheesy Bread Chili</b></p> <p>Lomein, Sweet Potato Tots, Fresh Zucchini, Fresh</p>	<p><b>21</b> Veg Bean Chili w/ Tortilla Crisps <b>Cheesy Bread Chili</b></p> <p>Charro Beans, Celery, Fresh Garden Salad, Fruit Variety</p>	<p><b>15</b> No School</p>	
<p><b>18</b> No School</p>	<p><b>26</b> Veg Chili Mac</p> <p>Roasted Carrots, Jicama Sticks, Fresh Garden Salad, Fruit Variety</p>	<p><b>27</b> Country Chicken Bowl</p> <p>Roasted Eggplant, Celery Sticks, Fresh Garden Salad, Fruit Variety</p>	<p><b>22</b> Top- N-Go Nachos <b>Cheesy Bread Chili</b></p> <p>Steamed Kale, Coleslaw, Fresh Garden Salad, Fruit Variety</p>		
<p><b>25</b> Breaded Chicken Drumstick w/ Dinner Roll</p> <p>Steamed Zucchini, Fresh Tomato Wedges, Fresh Garden Salad, Fruit Variety</p>	<p><b>28</b> French Toast Sticks with Sausage</p> <p>Kick'n Pinto Beans, Baby Carrots, Fresh Garden Salad, Fruit Variety</p>				

### Cherry Hill Public Schools Middle School Lunch Menu

#### Special News...

Available Daily:  
Made To Order Taco/ Nacho Bar, Deli Bar,  
Pizza Station. & Grill

