
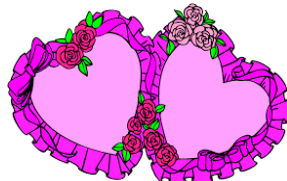





February

M
 MASSENA CENTRAL SCHOOL
 SR. HIGH MENU

2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
3	4	5	6	7
Chicken Tenders WW roll OR Hot Ham & Cheese Croissant Cooked carrots Canned or fresh fruit	Ham & cheese on a Kaiser OR Hotdog or Hamburger On a WW roll Baked beans Canned or fresh fruit	Chef Salad with a roll OR Homemade Pizza Steamed broccoli Canned or fresh fruit	Turkey & cheese on a Kaiser OR Goulash Whole wheat roll Green beans Canned or fresh fruit	Fishburger/bun OR Chicken Fajita With lettuce & cheese Corn Canned or fresh fruit
10	11	12	13	14
Chicken Tenders WW roll OR Baked Calzone Cooked carrots Canned or fresh fruit	Ham & cheese on a Kaiser OR Soft Tacos With lettuce & cheese Corn Canned or fresh fruit	Chef salad with a roll OR Homemade Pizza Green beans Canned or fresh fruit	Pb&J Sandwich OR Sloppy Joes Steamed broccoli Canned or fresh fruit	Fishburger/bun OR  SAMPLER: 3 Mozz. Sticks, cheese Breadstick, 3 nuggets Three bean salad Canned or fresh fruit
17	18	19	20	21
 PRESIDENTS DAY	MID WINTER BREAK			
24	25	26	27	28
Turkey & cheese on a Kaiser OR Pulled Pork/Bun Vegetarian beans Canned or fresh fruit	Hotdog on a bun OR Orange Chicken Steamed rice Cooked carrots Canned or fresh fruit	Chef salad with a roll OR Homemade Pizza Steamed broccoli Canned or fresh fruit	Ham & cheese on a Kaiser OR Roasted Turkey Mashed potato Dinner roll Canned or fresh fruit	Fishburger/bun OR Chicken Fajita With lettuce & cheese Green beans Canned or fresh fruit

DAILY: Low Fat and Assorted Fat Free Milk

COLD BREAKFAST OFFERED DAILY:

Cereal, Donuts, Fruit, Juice, Milk

HOT BREAKFAST:

- MON: Pancake on a stick
- TUES: Egg & Cheese Croissant
- WED: Pancake on a stick
- THURS: Egg & Cheese Muffin
- FRI: Egg & Cheese Croissant

MENU SUBJECT TO CHANGE

Other Choices Daily:

- Turkey or Ham Sandwich
- Pb & J Sandwich

