

South Lake Middle School Lunch Menu

February

Food Service Director:
 Karri Youngblood
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Monday	Tuesday	Wednesday	Thursday	Friday
3. Rotini Beef Pasta WG Roll Steamed Broccoli Mandarin Oranges Milk <i>Hot and Spicy Chicken Bites</i>	4. Turkey Hot Dog on Bun Tater Tots Diced Pears Milk	5. Nacho Grande Lettuce/Tomato Steamed Corn Pineapple Tidbits Milk <i>Corndog on Stick</i>	6. Pulled Pork Sandwich w/ BBQ Sauce Veggie Blend Diced Pears Milk <i>Chicken Alfredo w/ Roll</i>	7. PIZZA FRIDAY Domino's Pizza Romaine Salad Cup Apple Slices Milk
10. French Toast Sticks Sausage Patty Yogurt Cup Hashbrown Orange Juice Box Milk <i>Hot Ham & Cheese Sandwich</i>	11. EARLY RELEASE DAY Grilled Cheese WG Crackers Tomato Soup Apple Sauce Milk <i>Chicken Sliders</i>	12. Beef Taco Lettuce/Tomato Refried Beans w/ Cheese Banana Milk <i>Grilled Chicken BLT</i>	13. VALENTINES LUNCH Heart Shaped Chicken Nuggets WG Crackers Green Beans Frozen Juice Cup Milk <i>Twisted Breadsticks</i>	14. PIZZA FRIDAY Domino's Pizza Romaine Salad Cup Apple Slices Milk
17. NO SCHOOL	18. NO SCHOOL	19. Nacho Grande Lettuce/Tomato Steamed Corn Pineapple Tidbits Milk <i>Pretzel w/ Cheese</i>	20. Bosco Breadsticks Marinara Cup Steamed Broccoli Mixed Fruit Milk <i>Popcorn Chicken Crackers</i>	21. PIZZA FRIDAY Domino's Pizza Romaine Salad Cup Apple Slices Milk
24. Sweet and Sour Chicken WG Fried Rice Steamed Broccoli Pineapple Tidbits Milk <i>Mac & Cheese w/ Roll</i>	25. Chicken Tenders Emoji Fries Diced Pear Milk <i>Philly Sub</i>	26. Beef Taco Lettuce/Tomato Refried Beans w/ Cheese Banana Milk <i>Stuffed Pasta Shells w/ Roll</i>	27. HALF DAY	28. PIZZA FRIDAY Domino's Pizza Romaine Salad Cup Apple Slices Milk

Lunch Prices:
 CEP: One Free Meal
 Extra Entrée: \$1.50
 Entrée Only: \$3.00
 Adult: \$4.15
 Milk: \$.55

Breakfast Prices:
 CEP: One Free Meal
 Breakfast is served in
 the MS Café from
 7:15am-7:35am



Fresh Salads and
 Subs are offered daily.



What Makes a Reimbursable Meal?

- Choice of Meat or Meat Alternate
- Choice of Vegetable and/or Choice of Fruit
- Choice of Grain/Bread
- Choice of Milk

*Student's must take at least one 1/2 cup serving of a fruit or vegetable!



Milk Choices Offered Daily:
 1% White and 1% Flavored

Money may be deposited online at:
sendmoneytoschool.com

This Institution is an equal
 opportunity provider.