

Troy High Lunch Menu



February 2019



CREATIONS

FEBRUARY MENU

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|---|
| 28th – 1st | Orange Chicken with Brown Rice served with Asian Vegetable Blend | Mac and Cheese with Dinner Roll and Broccoli V | Chicken Drumstick with Green Beans, Mashed Potatoes and a Biscuit | Chicken Fajitas with Refried Beans | French Toast V with Turkey Sausage and Hash Browns |
| 4th-8th | Oven Roasted Chicken with Macaroni and Cheese and Broccoli | Steak Fajitas with Refried Beans | Early Release Day No Lunch | Meat or Vegetarian V Calzones with Steamed Broccoli | Baked Penne with Green Beans and a Dinner Roll V |
| 11th-15th | General Tso's Chicken with Brown Rice and Asian Vegetable Blend | Roasted Turkey with Mashed Potatoes, Gravy, and a Dinner Roll | Beefy Macaroni with Dinner Roll | Beef or Bean Tacos V with Refried Beans | Pulled Pork Mac & Cheese with Steamed Broccoli |
| 18th – 22nd | Mid-Winter Recess | Mid-Winter Recess | Chili Baked Potatoes with Steamed Broccoli and a Dinner Roll | Buffalo Chicken Mac & Cheese with Sweet Potato Bites and a Dinner Roll | Waffles V with Turkey Sausage and Hash Brown Patties |
| 25th – 1st | Orange Chicken with Brown Rice served with Asian Vegetable Blend | Mac and Cheese with Dinner Roll and Broccoli V | Early Release Day No Lunch | Chicken Fajitas with Refried Beans | French Toast V with Turkey Sausage and Hash Browns |

Each meal meets USDA meal requirements for grades 6-8 with a minimum of 1 oz M/MA, 1 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a **V** are vegetarian. Many of our other daily specials have the option to be made **vegetarian**, just ask!



GRILL

FEBRUARY MENU

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|--|
| EVERYDAY OPTIONS: | Hamburger Cheeseburger Garden/Black Bean Burger V Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks V | Hamburger Cheeseburger Garden/Black Bean Burger V Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks V | Hamburger Cheeseburger Garden/Black Bean Burger V Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks V | Hamburger Cheeseburger Garden/Black Bean Burger V Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks V | Hamburger Cheeseburger Garden/Black Bean Burger V Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks V |
| 28th – 1st | BBQ Bacon Cheeseburger | Chicken Philly Sandwich | Italian Meatball Sub | Hot Dog | Chicken Club |
| 4th-8th | Philly Cheesesteak | Chicken Parm Sandwich | Early Release Day No Lunch | Pulled Pork Sandwich | Chicken Cordon Blue Sandwich |
| 11th -15th | BBQ Bacon Cheeseburger | Chicken Philly Sandwich | Italian Meatball Sub | Hot Dog | Chicken Club |
| 18th – 22nd | Mid-Winter Recess | Mid-Winter Recess | Bacon Cheeseburger | Pulled Pork Sandwich | Chicken Cordon Blue Sandwich |
| 25th – 1st | BBQ Bacon Cheeseburger | Chicken Philly Sandwich | Early Release Day No Lunch | Hot Dog | Chicken Club |

Each meal meets USDA meal requirements for grades 9-12 with a minimum of 2 oz M/MA, 2 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat. Items marked with a **V** are vegetarian.



PIZZA

FEBRUARY MENU

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|--|
| EVERYDAY OPTIONS: | Cheese Pizza V Pepperoni Pizza | Cheese Pizza V Pepperoni Pizza | Cheese Pizza V Pepperoni Pizza | Cheese Pizza V Pepperoni Pizza | Cheese Pizza V Pepperoni Pizza |
| 28th – 1st | Mac & Cheese Pizza | Sausage Pizza | Buffalo Chicken Pizza | Meatball Calzone | Margherita Pizza |
| 4th-8th | BBQ Chicken Pizza | Meatlover's Calzone | Early Release Day No Lunch | Sausage Pizza | Breakfast Pizza |
| 11th-15th | Buffalo Chicken Pizza | Sausage Pizza | Supreme Pizza | Sausage Calzone | Chicken Spinach Alfredo |
| 18th – 22nd | Mid-Winter Recess | Mid-Winter Recess | Bruschetta Pizza | Sausage Pizza | Chicken Bacon Ranch Pizza |
| 25th – 1st | Mac & Cheese Pizza | Sausage Pizza | Early Release Day No Lunch | Meatball Calzone | Margherita Pizza |

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FEBRUARY MENU

DELI

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| <p><u>Protein</u> Salami Turkey Ham Roast Beef Chicken/Tuna Salad Hummus V American Cheese V White American/Swiss V</p> <p><u>Bread</u> V Whole Grain Sub Whole Grain Tortilla Whole Grain Bread Whole Grain Flatbread</p> <p><u>Veggies</u> V Lettuce Spinach Tomato Onions Black Olives Green Peppers Banana Peppers Pickles</p> <p><u>Sauce</u> V Mayo Chipotle Mayo Mustard Italian/Ranch Dressing</p> | <p><u>Protein</u> Buffalo Chicken Turkey Ham Roast Beef Chicken/Tuna Salad Hummus V American Cheese V White American/Swiss V</p> <p><u>Bread</u> V Whole Grain Sub Whole Grain Tortilla Whole Grain Bread Whole Grain Flatbread</p> <p><u>Veggies</u> V Lettuce Spinach Tomato Onions Black Olives Green Peppers Banana Peppers Pickles</p> <p><u>Sauce</u> V Mayo Chipotle Mayo Mustard Italian/Ranch Dressing</p> | <p><u>Protein</u> Bacon Turkey Ham Roast Beef Chicken/Tuna Salad Hummus V American Cheese V White American/Swiss V</p> <p><u>Bread</u> V Whole Grain Sub Whole Grain Tortilla Whole Grain Bread Whole Grain Flatbread</p> <p><u>Veggies</u> V Lettuce Spinach Tomato Onions Black Olives Green Peppers Banana Peppers Pickles</p> <p><u>Sauce</u> V Mayo Chipotle Mayo Mustard Italian/Ranch Dressing</p> | <p><u>Protein</u> Chicken Nuggets Turkey Ham Roast Beef Chicken/Tuna Salad Hummus V American Cheese V White American/Swiss V</p> <p><u>Bread</u> V Whole Grain Sub Whole Grain Tortilla Whole Grain Bread Whole Grain Flatbread</p> <p><u>Veggies</u> V Lettuce Spinach Tomato Onions Black Olives Green Peppers Banana Peppers Pickles</p> <p><u>Sauce</u> V Mayo Chipotle Mayo Mustard Italian/Ranch Dressing</p> | <p><u>Protein</u> Pepperoni Turkey Ham Roast Beef Chicken/Tuna Salad Hummus V American Cheese V White American/Swiss V</p> <p><u>Bread</u> V Whole Grain Sub Whole Grain Tortilla Whole Grain Bread Whole Grain Flatbread</p> <p><u>Veggies</u> V Lettuce Spinach Tomato Onions Black Olives Green Peppers Banana Peppers Pickles</p> <p><u>Sauce</u> V Mayo Chipotle Mayo Mustard Italian/Ranch Dressing</p> |

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FAST TAKES

FEBRUARY MENU

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|---|
| 28th – 1st | Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad V | Buffalo Chicken Wrap American Style Sub Ham and Cheese Chicken Caesar Salad Garden Salad V | Turkey Bacon Club Wrap Turkey and Cheese Turkey Bacon Club Sub Buffalo Chicken Salad Garden Salad V | Italian Sub Italian Wrap Ham and Cheese Chef Salad Garden Salad V | Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad V |
| 4th-8th | Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad V | American Wrap Ham and Cheese American Sub Chicken Caesar Salad Garden Salad V | Early Release Day No Lunch | Crispy Chicken Wrap Ham and Cheese American Sub Chef Salad Garden Salad V | Chicken Bacon Wrap Italian Sub Turkey and Cheese Fajita Chicken Salad Garden Salad V |
| 11th -15th | Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad V | Buffalo Chicken Wrap American Style Sub Ham and Cheese Chicken Caesar Salad Garden Salad V | Turkey Bacon Club Wrap Turkey and Cheese Turkey Bacon Club Sub Buffalo Chicken Salad Garden Salad V | Italian Sub Italian Wrap Ham and Cheese Chef Salad Garden Salad V | Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad V |
| 18th – 22nd | Mid-Winter Recess | Mid-Winter Recess | Buffalo Chicken Wrap Turkey and Cheese Ham and Cheese Sub Crispy Chicken Salad Garden Salad V | Crispy Chicken Wrap Ham and Cheese American Sub Chef Salad Garden Salad V | Chicken Bacon Wrap Italian Sub Turkey and Cheese Fajita Chicken Salad Garden Salad V |
| 25th – 1st | Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad V | Buffalo Chicken Wrap American Style Sub Ham and Cheese Chicken Caesar Salad Garden Salad V | Early Release Day No Lunch | Italian Sub Italian Wrap Ham and Cheese Chef Salad Garden Salad V | Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad V |

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