



# William S. Hart Junior Highs

## February 2020

We feature an inviting variety of fresh garden salad greens, vegetables, and fruits. Locally-grown items are offered whenever seasonally-available. rBST hormone free low-fat or fat-free milk is offered with all meals. A meal includes an entrée, fruit and vegetable selection. Bread products are whole grain and all featured menu items contain zero trans fat.

|                                     | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|-------------------------------------|---|--|--|---|---|
| <b>FAVORITES</b>                    | Chicken Nuggets<br>BBQ Chicken Teriyaki                   | Teriyaki Chicken Rice Bowl<br>Chicken Tenders                        | Orange Chicken<br>Chicken Nuggets                                      | Chicken Tenders<br>Parmesan Chicken w/Pasta                         | Chicken Nuggets<br>BBQ Chicken Teriyaki                     |
| <b>DELI</b>                         | Chicken Caesar Salad<br>Turkey and Cheese Sub             | Taco Salad w/Chips<br>Caesar Wrap                                    | Classic American Sub<br>Chicken Caesar Salad                           | Caesar Wrap<br>Buffalo Chicken Salad                                | Ham and Cheese Sandwich<br>Chicken Caesar Salad             |
| <b>SALSA</b>                        | Bean & Cheese Burrito<br>Nachos w/Meat Cheese, Beans      | Nachos w/Meat, Cheese, Beans<br>2 Crispy Beef Tacos                  | Bean & Cheese Burrito<br>Nachos w/Meat Cheese, Beans                   | Nachos w/Meat, Cheese, Beans<br>Fajita Soft Tacos                   | Bean & Cheese Burrito<br>Nachos w/Meat Cheese, Beans        |
| <b>PIZZA</b>                        | Assorted Pizza with a variety of toppings                 | Assorted Pizza with a variety of toppings                            | Assorted Pizza with a variety of toppings                              | Assorted Pizza with a variety of toppings                           | Assorted Pizza with a variety of toppings                   |
| <b>GRILL</b><br>Veggie Burger Daily | Spicy or Crispy Chicken Sand.<br>Cheeseburger<br>Corn Dog | Hamburger<br>Grilled Ham and Cheese<br>Spicy or Crispy Chicken Sand. | Jumbo All-Beef Hot Dog<br>Spicy or Crispy Chicken Sand<br>Cheeseburger | Bacon Cheeseburger<br>Rib B Que Sub<br>Spicy or Crispy Chicken Sand | Corndog<br>Spicy or Crispy Chicken Sandwich<br>Cheeseburger |

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| We offer a variety of fresh garden options Apples, Raisins, and Canned Fruit Daily | Green Salad<br>Tomatoes<br>Carrots<br>Beans<br>Corn<br>Fresh Fruit | Caesar Salad<br>Celery<br>Tomatoes<br>Cucumber Slices<br>Carrots<br>Fresh Fruit | Green Salad<br>Broccoli<br>Carrots<br>Corn<br>Tomatoes<br>Fresh Fruit | Caesar Salad<br>Tomatoes<br>Cucumber Slices<br>Carrots<br>Corn<br>Fresh Fruit | Green Salad<br>Carrots<br>Broccoli<br>Celery<br>Tomatoes<br>Fresh Fruit |
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**Breakfast—\$2.00 Free and Reduced \$0.00**

**Lunch—\$3.25 Reduced: \$0.40 Free: \$0.00**

For menu nutritional information and foods containing common food allergens please visit: [HartDistrict.org](http://HartDistrict.org). –Food Services

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