

POTH ISD LUNCHROOM FEBRUARY MENU 2019 TRADITIONAL CYCLE MENU

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	 Don't Forget To EXCERSIZE Everday	FUN FACTS  Eating Spinach is a good thing for your skin, eyes and healthy functioning of body like lots of Vitamins A and K. Try it!	 Q: Why are spinach leaves never lonely? A: Because they come in bunches.	Honey Bun / Cereal 1 Cheeseburger OR Chopped BBQ on Bun Baked Side-winders Potatoes / Lettuce & Tomato Salad / Pickles Fruit Cocktail/ Fresh Fruit <u>Jr High & High School</u> Tuna Sandwiches
<u>Pancake & Sausage/ Cereal 04</u> Chicken Tenders OR Beef Steak Fingers Mashed Potatoes w/Gravy Sweet Potatoes/Spinach Green Beans/ Dinner Roll Applesauce/ Fresh Fruit <u>JR HIGH & HIGH SCHOOL</u> Soup & Sandwich/ Pizza	<u>Breakfast Rolls/Cereal 05</u> Chicken Fajita Tacos OR Crispy Beef Tacos Pinto Beans/ Lettuce & Tomato Salad / Spanish Rice Banana Wafer Puddin'/Fresh Fruit Fresh Fruit <u>JR HIGH & HIGH SCHOOL</u> Salads	<u>Bean & cheese Taco/Muffins 06</u> Western Mac OR Chili & Beans w/Biscuit Broccoli Salad / Buttered Corn Bread Stick/Peaches Fresh Fruit <u>JR HIGH & HIGH SCHOOL</u> Chicken Wrap /Salads	<u>Scrambled Eggs & Toast 07</u> Cheese OR Pepperoni Pizza OR Meatball subs Italian Blend/ Carrot Sticks w/Ranch/Bread Slice Fruit Slush Cups/ Fresh Fruit <u>JR HIGH & HIGH SCHOOL</u> Salads	<u>Pop Tarts/egg Omelet & Toast 08</u> Cheeseburger OR Sloppy Joe on bun Curley Fries/ Baked Beans Lettuce/tomato/pickles Fresh Fruit <u>JR HIGH & HIGH SCHOOL</u> Beef/Bean Chalupas
<u>Waffles & Sausage / Muffin 11</u> Chicken Parmesan OR Popcorn Chicken Buttered Noodles/ Green Beans/ Pea Salad/ Pear Slices Fresh Fruit/ Garlic Bread Stick <u>JR HIGH & HIGH SCHOOL</u> Chicken Lite Delights/ Pizza	<u>Breakfast Pizza/Cereal/Muffin 12</u> Beef Nachos OR Bean & cheese Taco Lettuce/Tomato Salad /Pinto Beans / Strawberry Fruit Jello/ Fresh Fruit <u>JR HIGH & HIGH SCHOOL</u> Chicken Lite Delights/ Salads	<u>Bacon & Egg Tacos/ Muffins 13</u> Corn Dogs OR Fish Sticks Mac & cheese/ Cole Slaw/ Buttered Corn Fresh fruit Cups / Fresh Fruit <u>JR HIGH & HIGH SCHOOL</u> BLT Wrap/ Salads	<u>Homemade Pancakes/ Donuts 14</u> Cheeseburger OR Chili-Cheese Fries Baked Fries/ Green Beans Lettuce/tomato Salad Frosted Cake /Strawberries <u>JR HIGH & HIGH SCHOOL</u> Boneless Wings /Salads 	<u>Breakfast Rolls/ Cereal 15</u> Hot Dogs OR Chicken Patty Burger Pork& Beans/Chips/Carrot Stick w/Ranch/ Pudding Cups Pineapple Tidbits/ Fresh Fruit <u>JR HIGH & HIGH SCHOOL</u> Personal Pan Pizza
STAFF DEVELOPMENT 18	<u>Breakfast Roll/ Cereal 19</u> Turkey OR Chicken Nuggets Mashed Potatoes/ Sweet Potatoes Steamed Broccoli/Corn/ WG Roll Pear Slices/ Fresh Fruit <u>JR HIGH & HIGH SCHOOL</u> Tamales w/chili	<u>Scrambled Eggs & Toast 20</u> Sausage Wrap OR Frito Pie Breaded Okra/ Pinto Beans Frosted Fruit Cocktail. Fresh Fruit / Cookie <u>Jr High & High School</u> Chicken Wraps / Salads	<u>Biscuit Sausage & Cheese/Cereal 21</u> Cheese OR Pepperoni Pizza Beef Ravioli Carrot Sticks w/Ranch/ Garlic Pasta Roasted Veggies /Bread Sticks /Fruit Slush Cups/ Fruit <u>JR HIGH & HIGH SCHOOL</u> Salads	<u>Honey Bun/Oatmeal & Toast 22</u> Cheeseburgers OR Sloppy Joe on Bun -Waffle Fries/ Baked Beans/ Lettuce/Tomato Salad/Pickles/ Peach Slices/ Fresh Fruit <u>JR HIGH & HIGH SCHOOL</u> Tuna Sandwiches
<u>Pancake on a Stick / Muffins 25</u> Chicken Nuggets OR Oven Fried Chicken Mashed Potatoes/ Steamed Broccoli Brad Slice Sliced Peaches/ Fresh Fruit <u>JR HIGH & HIGH SCHOOL</u> Soup & Sandwich / Pepperoni Pizza	<u>Breakfast Pizza / Muffins 26</u> Burrito w/chili OR Beef, Bean & Cheese Taco Whole Kernel Corn/ Pinto Beans Banana Wafer Pudding/ Fresh Fruit <u>JR HIGH & HIGH SCHOOL</u> Salads	<u>Egg & cheese Omelet w/Toast 27</u> Spaghetti w/Meat sauce OR Chef Salad Combination Salad/ Green Beans Garlic Bread Stick Mandarin Oranges / Fresh fruit <u>JR HIGH & HIGH SCHOOL</u> Turkey Spinach Wrap Salads	<u>French Toast Sticks 28</u> Crispy Chicken Sticks OR Fish Sticks Battered Potato Bites / Cole Slaw/Buttered Corn Applesauce/ Fresh Fruit <u>JR HIGH & HIGH SCHOOL</u> Pepperoni Pizza Salads	

Breakfast Choice Every Day: Cereal w/Toast OR Hot Breakfast, Muffins, Juice and a Milk Variety.

Menu is subject to change due to availability of foods.

A variety of Fresh Fruit and Milk are served daily for Lunch. Fresh Salads are provided on a daily basis.

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