

Menu subject to change
without notice.

Middle School

Feb-19

Converse County School #1 is
an equal opportunity provider
and employer.

Monday, January 28, 2019	Tuesday, January 29, 2019	Wednesday, January 30, 2019	Thursday, January 31, 2019	Friday, February 1, 2019
				Sweet & Sour Chicken Sandwich of the Day Steamed Rice, Broccoli Fortune Cookies
Monday, February 4, 2019	Tuesday, February 5, 2019	Wednesday, February 6, 2019	Thursday, February 7, 2019	Friday, February 8, 2019
Beef Tacos Sandwich of the Day Fresh Baked Cookies Beef Donated by Bar JL - Levi Miller	All Beef Hot Dogs Sandwich of the Day Steamed Corn	Pizza Pasta Sandwich of the Day Breadsticks	Chicken Fried Steak Sandwich of the Day Mashed Potatoes, Gravy Fresh Baked Rolls	BBQ Rib Sandwich Sandwich of the Day Steamed Green Beans
Monday, February 11, 2019	Tuesday, February 12, 2019	Wednesday, February 13, 2019	Thursday, February 14, 2019	Friday, February 15, 2019
Baked Chicken Sandwich of the Day French Fries	French Toast & Sausage Sandwich of the Day Yogurt	Homemade Pizza Sandwich of the Day Steamed Corn	Heart Shaped Chicken Nuggets Sandwich of the Day Steamed Green Beans Homemade Apple Crisp	Meatball Submarine Sandwich Sandwich of the Day Steamed California Blend
Monday, February 18, 2019	Tuesday, February 19, 2019	Wednesday, February 20, 2019	Thursday, February 21, 2019	Friday, February 22, 2019
No School	Hamburgers Sandwich of the Day Steamed Corn	Peperoni Pizza Sandwich of the Day Jello Muffins	Chili Sandwich of the Day Homemade Cinnamon Rolls Beef Donated by Vollman Ranches	Chicken Sandwich Sandwich of the Day Steamed Green Beans
Monday, February 25, 2019	Tuesday, February 26, 2019	Wednesday, February 27, 2019	Thursday, February 28, 2019	Friday, March 1, 2019
Pulled Pork Sandwich Sandwich of the Day Cottage Cheese Pork Donated by Douglas Hardware Hank	Beefy Nachos Sandwich of the Day Beef Donated by Jay and Linda Butler of Pronghorn Ranch	Burritos Sandwich of the Day Steamed Corn	Grilled Cheese Sandwich Sandwich of the Day Tomato Soup	

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Daily Vegetable and Fruit Choices

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk</p> <p>Salad Bar</p> <p>Vegetable/Fruit Choices:</p> <p>Daily Veggie Medley can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green & red peppers lettuce blend</p> <p>Red/Orange veggie choice can be: tomatoes, red pepper, carrots, sweet potatoes, pumpkin</p> <p>Fresh Fruit can be: apples, bananas, oranges, and other seasonal fruits</p> <p>Canned Fruit can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p>	<p>Milk</p> <p>Salad Bar</p> <p>Vegetable/Fruit Choices:</p> <p>Daily Veggie Medley can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green & red peppers lettuce blend</p> <p>Bean/Peas can be: black-eyed peas black beans, baked beans kidney, garbanzo, pinto</p> <p>Fresh Fruit can be: apples, bananas, oranges, and other seasonal fruits</p> <p>Canned Fruit can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p>	<p>Milk</p> <p>Salad Bar</p> <p>Vegetable/Fruit Choices:</p> <p>Daily Veggie Medley can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green & red peppers</p> <p>Dark Green Veg can be: Romaine Lettuce or Spinach</p> <p>Fresh Fruit can be: apples, bananas, oranges, and other seasonal fruits</p> <p>Canned Fruit can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p>	<p>Milk</p> <p>Salad Bar</p> <p>Vegetable/Fruit Choices:</p> <p>Daily Veggie Medley can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green & red peppers lettuce blend</p> <p>Fresh Fruit can be: apples, bananas, oranges, and other seasonal fruits</p> <p>Canned Fruit can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p>	<p>Milk</p> <p>Salad Bar</p> <p>Vegetable/Fruit Choices:</p> <p>Daily Veggie Medley can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green & red peppers lettuce blend</p> <p>Fresh Fruit can be: apples, bananas, oranges, and other seasonal fruits</p> <p>Canned Fruit can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p>

Low-fat Unflavored and Fat-free Flavored Milk Offered Daily

FRUIT AND VEGETABLE CHOICES ARE ALL YOU CAN EAT



