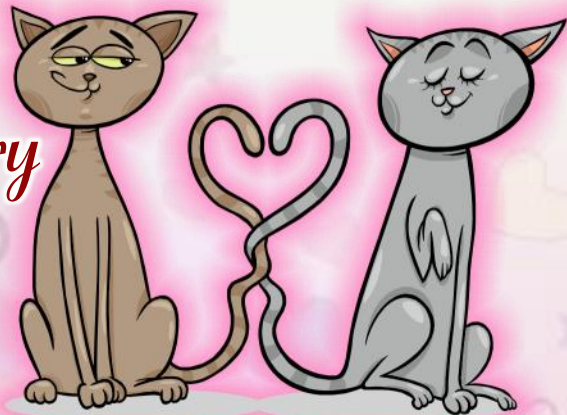


Menus for February 2019

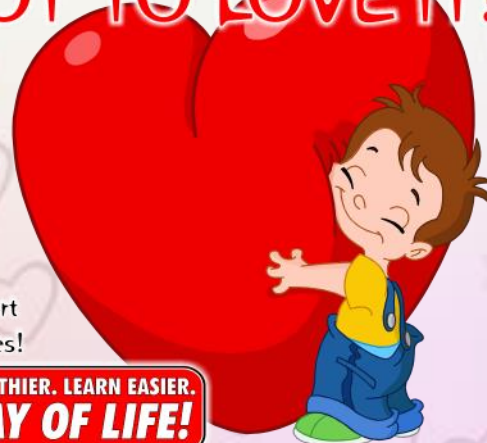
Homer-Center
High School



This institution is an equal opportunity provider. Menus are subject to change.

YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Friday, February 1

Breakfast

Cheesy Scrambled Eggs
Bagel Half-Pears

Lunch

Mrs. T's Pierogies
w/wo String Cheese
Baby Carrots-Tossed Salad
Dinner Roll
Strawberry Cup
Pineapple Tidbits

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad

Available Daily

Breakfast

Alternate Entrees: assort cold cereals, cereal bars & yogurt
Daily juice choices: orange, apple & grape

At breakfast...students MUST choose a fruit and two other menu items to qualify as a meal.
Additional items chosen above the four item limit will be charged ala carte.

Lunch

At lunch...students MUST choose a fruit or vegetable and two other menu items to qualify as a meal.
Additional items chosen above the five item limit will be charged ala carte.

Daily milk choices: 1% white and strawberry, skim, fat free chocolate & vanilla

Monday, February 4

Breakfast

Cinnamon Roll
Mixed Fruit

Lunch

Chicken Nuggets
Oven Fries
BBQ Baked Beans
Dinner Roll
Diced Peaches
Chilled Pears

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad

Tuesday, February 5

Breakfast

Jumbo Waffles
Bacon-Pineapple

Lunch

Hot Turkey Sandwich
Whipped Potatoes
Seasoned Green Beans
Mixed Berries
Fresh Apple
Snicker Doodle Cookie

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad

Wednesday, February 6



No School

Thursday, February 7

Breakfast

Pop Tart-Hash Browns
Mandarin Oranges

Lunch

Toasted Cheese Sandwich
Creamy Tomato Soup
Gold Fish Crackers
Carrot & Celery Sticks
Pineapple Tidbits
Chilled Peaches

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad

Friday, February 8

Breakfast

Bacon & Cheese Bagel
Applesauce

Lunch

Soft Taco
Lettuce & Tomato
Seasoned Sweet Peas
Black Bean Salsa –Chips
Chilled Pears
Mixed Berries

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad

Monday, February 11

Breakfast

Chocolate Chip Muffin Top
Peaches

Lunch

Turkey & Cheese Pretzel Roll
Lettuce & Tomato
Tater Tots
Chilled Applesauce
Mandarin Oranges
Peanut Butter Bar

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad

Tuesday, February 12

Breakfast

Pancake & Sausage Stick
Pears

Lunch

Cheesy Bread Sticks
w/wo Dipping Sauce
Tossed Salad
Seasoned Corn
Mixed Berries
Pineapple Tidbits

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad

Wednesday, February 13

Breakfast

Breakfast Donut
Mixed Fruit

Lunch

Macaroni & Cheese
Steamed Broccoli
Dinner Roll
Blushed Pears
Banana

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad

Thursday, February 14

Breakfast

Cheesy Croissant
Pineapple

Lunch

Chicken Tenders
Orange Glazed Carrots
Hobo Beans
Mixed Berries-Applesauce
Dinner Roll
Sweetheart Cookie

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad

Friday, February 15

Breakfast

Pancakes-Sausage Link
Mandarin Oranges

Lunch

Breaded Mini Ravioli
w/wo Dipping Sauce
Tossed Salad
Seasoned Corn
Pineapple Tidbits
Diced Pears

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad