HF-L Middle School

February 2010 Menu

Student Lunch	$2.40
Student Breakfast	$1.50
Adult Lunch	$3.50 + tax
Milk-*Choice of 1%, Skim, or Low-Fat Chocolate*	$ .60
Juice	$ .60
Bottled Water	$1.00

Menu subject to change without notice

A complete lunch includes: 1 Entrée, 2 Sides (Fruit, Vegetable, Soup or Juice), and 1 Choice of Milk.

Side 1
Soup & Sandwich Station

Made-to-Order Sandwiches, Subs and Wraps

Personalize yours with our great selection of Deli Meats, Cheeses and Toppings!

We have 100% Fruit Slushies!! $1.00 each

Side 2
Hot Lunch Entrees

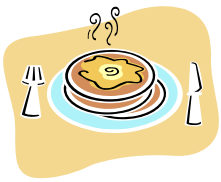
Mon	1	A	BUILD-A-BETTER BURGER DAY: Pick your favorite toppings!
Tues	2	B	TACO TUESDAY
Wed	3	C	PIZZA DAY *Cheese, Pepperoni, Veggie & more*
Thur	4	D	Chicken Fingers and Baked Beans
Fri	5	E	Fresh Baked Mozzarella Sticks & Strawberry Cup
Mon	8	A	Meatloaf withSteamed Veggies
Tues	9	B	PIZZA DAY *Cheese, Pepperoni, Veggie & more*
Wed	10	C	Chicken w /Sweet & Sour Sauce and Steamed Rice
Thur	11	D	Cheese burger or Veggie Burger w/Pasta Salad
Fri	12	E	Macaroni & Cheese with Steamed Vegetables
WINTER BREAK FEB. 16-19			
Mon	22	A	Grilled Cheese on Wheat with Tomato Soup
Tues	23	B	Chicken Nuggets with Baked French Fries
Wed	24	C	Roasted Turkey w/Gravy and Mashed Potatoes
Thur	25	D	PIZZA DAY *Cheese, Pepperoni, Veggie & more*
Fri	26	E	Baked Fish Sticks and Cole Slaw

Wellness Week

ALSO SERVING DAILY:
Chicken Patty Sandwich Entrée or Pizza Slice

Breakfast Entrees

Served 7am-10:30 am



Fresh Baked Whole Grain Granola Bars
Hot Egg & Cheese Breakfast Sandwich
Pancakes
Bagels
Cereal
Muffins

A COMPLETE BREAKFAST INCLUDES: 1 ENTRÉE, 1FRUIT OR JUICE & 1 MILK

Happy Valentines Day

February is FRUIT MONTH!

Keep WELL this month with our Expanded Fruit and Veggie Bar for an assortment of Fruits and Vegetable available in every color of the Rainbow!