# February 2020 Middle/High Menu

**FLAVORFUL SIDES WITH EVERY MEAL**
Lunch includes a choice of 5 components: meat/meat alternate, bread/grain, fruit, vegetable, and skim or 1% milk. Students may take five, four, or three, which must include a fruit or vegetable serving.

**MILK:** White, Chocolate, & Strawberry Skim, and 1% White

**SEASONAL FRESH FRUIT:** May include Apples, Oranges, Bananas, Strawberries, Grapes, Pineapple, Pears, Cuties® or Halos®, or Kiwi

### Breakfast
Each entrée is served with fruit, 100% juice, and milk

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Country Fried Steak</td>
<td>Chicken &amp; Noodles</td>
<td>Corn Dog with Mustard or Ketchup</td>
<td>Chicken/Biscuit/Gravy</td>
<td>Sausage &amp; Biscuit</td>
</tr>
<tr>
<td>Fluffy Mashed Potatoes</td>
<td>Power Greens Salad</td>
<td>Or Chili Dog Potato Smiles</td>
<td>Chicken Smackers</td>
<td>Tuesday Cinnamon Roll</td>
</tr>
<tr>
<td>Black-Eyed Peas</td>
<td>Baby Carrots &amp; Celery</td>
<td>Super Veggie Salad</td>
<td>Dipping Sauces</td>
<td>Wednesday Breakfast Pizza Choices or Yogurt Parfait</td>
</tr>
<tr>
<td>Cabbage Casserole</td>
<td>Ranch Dip</td>
<td>Cowboy Beans</td>
<td>Mashed Potatoes</td>
<td>Thursday Chicken/Biscuit/Gravy</td>
</tr>
<tr>
<td>Southern Style Biscuit</td>
<td>California Veggies</td>
<td>Applesauce</td>
<td>Beefy Taco or</td>
<td>Friday Pancake-Wrapped Sausage</td>
</tr>
<tr>
<td>Pear Salad</td>
<td>Bread Stick</td>
<td>Fresh Fruit</td>
<td>Korean Beef Street Taco</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fresh Fruit</td>
<td></td>
<td>Diced Tomatoes</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Whole Kernel Corn</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Refried Beans</td>
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</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Fresh Fruit</td>
<td></td>
</tr>
</tbody>
</table>

### Monday
- **3** Country Fried Steak
  - Fluffy Mashed Potatoes
  - Black-Eyed Peas
  - Cabbage Casserole
  - Southern Style Biscuit
  - Pear Salad

### Tuesday
- **11** Pizz Pocket Marinara Sauce Buttered Corn Chopped Salad with Chef Salad Toppings Fruit Cup

### Wednesday
- **18** Ravioli with Meat Sauce
  - Caesar Salad
  - Green Beans
  - Italian Bread
  - Strawberry Cup
  - Pudding Choices

### Thursday
- **6** Wings & Rings Tossed Salad
  - Celery Sticks
  - Fruit Selections
  - Texas Toast
  - Red, White, & Blue Parfait

### Friday
- **10** Smokey BBQ Sliders
  - Or BBQ Bowl Tater Tots
  - Broccoli & Cranberry Salad
  - Baked Beans
  - Seasonal Fruit Selections
  - Fruit Crisp

### Saturday
- **17** Chicken Tender Basket
  - White Country Gravy
  - Potato Wedges
  - Cool Spot Salad
  - Baby Carrots & Celery
  - Southern Style Biscuit
  - Peach Cup

### Sunday
- **24** Chicken Rings
  - Mashed Potatoes
  - Garden Salad
  - Baby Lima Beans
  - Freshly Baked Roll
  - Ambrosia Fruit Salad or Fruit Selections

### Monday
- **25** Hearty Chili/Crackers
  - Toasty Cheese Sandwich
  - Cool Spot Salad
  - Doritos®
  - Apple Wedges and Orange Smiles
  - Apple Blondie

### Tuesday
- **26** Cheesy Bread Sticks
  - Marinara Sauce
  - Seasoned Corn
  - Shades of Green Salad
  - Steamed Broccoli/Cheese Veggie Tray
  - Fruit Cup

### Wednesday
- **27** Beef Roast & Gravy
  - Mashed Potatoes
  - Cool Spot Salad
  - Seasoned Green Beans
  - Savory Carrots
  - Southern Style Biscuit
  - Applesauce

### Thursday
- **28** Build-A-Burrito or Burrito Bowl
  - Fluffy Rice
  - Black Beans or Pinto Beans
  - Shredded Lettuce
  - Diced Tomatoes
  - Pineapple & Kiwi
  - Rice Krispies Treat

### ACHIEVE KINDNESS HAPPY DREAM BELIEVE SMILE HEALTHY

**#TasteTestTuesday**
### March 2020 Middle/High Menu

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### Breakfast
Entrees served with fruit, 100% juice, milk

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<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage &amp; Biscuit</td>
<td>Sausage &amp; Biscuit</td>
<td>Corn Dog with Mustard or Ketchup</td>
<td>Wings &amp; Rings</td>
<td>Cheese or Pepperoni</td>
</tr>
<tr>
<td>Sausage &amp; Biscuit</td>
<td>Sausage &amp; Biscuit</td>
<td>Or Chili Dog</td>
<td>Tossed Salad</td>
<td>Personal Pan Pizza</td>
</tr>
<tr>
<td>Breakfast Pizza Choices or Yogurt Parfait</td>
<td>Breakfast Pizza Choices or Yogurt Parfait</td>
<td>Or Chili Dog</td>
<td>Celery Sticks</td>
<td>Seasoned Corn</td>
</tr>
<tr>
<td>Chicken/Biscuit/Gravy</td>
<td>Chicken/Biscuit/Gravy</td>
<td>Or Chili Dog</td>
<td>Fruit Selections</td>
<td>Salad Italiano</td>
</tr>
<tr>
<td>Pancake-Wrapped Sausage</td>
<td>Pancake-Wrapped Sausage</td>
<td>Texas Toast</td>
<td>Texas Toast</td>
<td>Mixed Fruit with</td>
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<td></td>
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<td></td>
<td>Mandarin Oranges</td>
</tr>
</tbody>
</table>

### March 26-6, 2020

### Warren County Public Schools

Nutrition & Dining Services
Nourishing Student Success

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Menus are subject to change due to circumstances beyond our control.