



High School Menu / Order Form JANUARY / FEBRUARY 2021



BREAKFAST
LUNCH

Please complete the ORDER FORM if you wish to order meals.

11-Jan	12-Jan	13-Jan	14-Jan	15-Jan
Cheerios	Apple Frudel MWS	Strawberry Pop Tart MWS	Mini Cinnis MWS	Bagel with Cinnamon Cream Cheese
Macaroni and Cheese	Philly Cheese Steak	Mashed Potato Bowl	Chicken Teriyaki	Stuffed Cheese Breadsticks
ORDER FORM	ORDER FORM	ORDER FORM	ORDER FORM	ORDER FORM
18-Jan	19-Jan	20-Jan	21-Jan	22-Jan
SCHOOLS CLOSED	Apple Frudel MWS	Cinnamon Pop Tart MWS	Mini Cinnis MWS	Bagel with Cinnamon Cream Cheese
	Italian Meatball Sandwich	Chicken Alfredo	Fajita Chicken Bowl	Pepperoni Pizza Bake
ORDER FORM	ORDER FORM	ORDER FORM	ORDER FORM	ORDER FORM
25-Jan	26-Jan	27-Jan	28-Jan	29-Jan
Cheerios	Apple Frudel MWS	Strawberry Pop Tart MWS	Mini Cinnis MWS	Bagel with Cinnamon Cream Cheese
Cheeseburger	BBQ Pulled Pork Sandwich	Chicken Teriyaki	Mashed Potato Bowl	Turkey BLT
ORDER FORM	ORDER FORM	ORDER FORM	ORDER FORM	ORDER FORM
1-Feb	2-Feb	3-Feb	4-Feb	5-Feb
Cheerios	Apple Frudel MWS	Strawberry Pop Tart MWS	Mini Cinnis MWS	Bagel with Cinnamon Cream Cheese
Chicken Patty Sandwich	Macaroni and Cheese	Philly Cheese Steak	General Tso's Chicken	Stuffed Cheese Breadsticks
ORDER FORM	ORDER FORM	ORDER FORM	ORDER FORM	ORDER FORM
8-Feb	9-Feb	10-Feb	11-Feb	12-Feb
Cheerios	Apple Frudel MWS	Cinnamon Pop Tart MWS	Mini Cinnis MWS	Bagel with Cinnamon Cream Cheese
Chicken Tenders	Cheeseburger	Pasta and Meatballs	Chicken Teriyaki	Chicken Alfredo
ORDER FORM	ORDER FORM	ORDER FORM	ORDER FORM	ORDER FORM
<p>A full student breakfast at the high school level consists of a minimum of the following components: one full cup of fruit, one full cup of grains (whole-grain rich), and one cup of milk (non-fat or 1%).</p>			<p>Effective 9/14/2020 all meals are FREE to all students</p>	

A full student lunch at the high school level consists of a minimum of the following components: one cup of fruit, one cup of vegetables, two cups of grains (whole-grain rich), two cups of meat/meat alternatives and one cup of milk (non-fat or 1%).

Menus subject to change without notice.

Questions? Please call Chris Baratta 484-373-6122