

February 2017

Jr. – Sr. High School

LUNCH

Kids do as you do. Be a role model and eat healthy yourself. When trying to teach good eating habits, try to set the best example possible. Choose nutritious snacks, eat at the table, and don't skip meals.

Menu Information: Deli Sandwiches, Chef Salad, and Yogurt/Cheese offered Daily. (##) denotes carb counts in serving size for that menu item will include any items that is always served together. Cold Deli Sandwiches served on Sub Bun: Turkey/Cheese or Ham/Cheese or Hoagie (Turkey/Ham/Cheese) Sandwich (30) Chicken Salad (34) or Tuna Salad (30) Chef Salad is served each day w/ Bread & Croutons (29) Yogurt/Cheese is served each day w/ Bread & Granola(47)

Monday

Tuesday

Wednesday

Thursday

Friday



Sweet & Sour Chicken(13) **1**
w/Seasoned Rice(24) &
Egg Roll(22)or
BBQ Steak on Bun(41)

Fresh Veggies

Breaded Pork Cutlet(11) **2**
w/HMD Bread(16) or
Chicken/Cheese Wrap(24)

Mashed Potatoes(20)Gravy(4)

Beans & Franks (31) **3**
w/Cornbread (35) or
Hamburger on Bun(33)

Warm Cinnamon Apples(12)

Chicken Strips **6**
(7-8 (16) (9-12 (21)
w/HMD Bread(16) or
Jeff Rib on Sub Bun (38)

Broccoli w/Cheese(5)

Cheeseburger on Bun(33) **7**
Roasted Chicken
on Bun(33)

Seasoned French Fries (25)

Oven Fried Chicken(11) **8**
w/HMD Bread(16) or
Ham & Cheese Flatbread(28)

Mashed Potatoes(20)Gravy(4)

Meatball Sub (38) or **9**
Chicken/Cheese Wrap(24)

Seasoned Roasted Carrots (4)

Cheesy Fish Patty **10**
on Bun (41) or
Hamburger on Bun (33)

Green Peas(11)

Blue Valley Brand **13**
Hot Dog on Bun (25) or
Chicken Fajita Flatbread(25)

Baked Beans (29)

HMD Beef Pizza(36) or **14**
XLG PBJ Sandwich (64)

Corn (16)

Chicken Tetrazinni (35) **15**
w/HMD Bread(16) or
Jeff Rib on Sub Bun (38)

Green Beans(4)

Turkey Wrap(27) or **16**
Hamburger on Bun(33)

Tomato Soup (17) or
Chicken Noodle Soup (11)
w/Crackers (7 ea. Pk)

17
NO SCHOOL
WINTER BREAK

Crispy Chicken **20**
on Bun(45) or
Jeff Rib on Sub Bun(38)

Sweet Potato Bites(17)

Sausage Patties(0) **21**
w/Pancakes(27)&Syrup(30)or
Chicken & Cheese Wrap(24)

Tater Tots (20)

Macho Nacho **22**
(7-8 (24) (9-12 (40) or
Ham & Cheese Wrap(25)

Refried Beans(23)

Popcorn Chicken(13) **23**
w/HMD Bread(16) or
BBQ Chicken on Bun (40)

Broccoli w/Cheese(5)

Chili (21) **24**
w/Cinnamon Roll (40)
Crackers(7ea pk) or
Hamburger on Bun (33)

Fresh Veggies

Pulled Pork on Bun (31) or **27**
Ham & Cheese
Flatbread(28)

Corn (16)

Cheeseburger on Bun (33) **28**
Jeff Rib on Bun (38)

Seasoned French Fries(25)



USDA and Fairbury Public School is an Equal Opportunity Provider and Employer.