

MASSEY HILL/RAMSEY HIGH CENTRAL MENU – FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2-1 French Toast Sticks OR Egg & Cheese Biscuit, Seasonal Fresh Fruit <u>PARFAIT WEDNESDAY</u> Cheeseburger On Bun OR Grilled Ham & Cheese Sandwich Lettuce Leaf & Tomato French Fries Seasoned Pinto Beans Fresh Oranges Chilled Applesauce Manager's Choice Cookie	2-2 Sausage Biscuit OR Fruit Frudel, Seasonal Fresh Fruit Chili with Grilled Cheese and Crackers OR Cheese Dunkers w/Marinara Sauce Sweet Potato Fries Seasoned Green Beans Fresh Nectarines Chilled Tropical Fruit	2-3 Breakfast Gravy Pizza OR Pancake Minis, Seasonal Fresh Fruit Teriyaki Chicken Over Rice w/Roll OR Rib-B-Que On Bun Glazed Carrots Seasoned Corn Fresh Bananas Chilled Mandarin Oranges
2-6 Breakfast Bites OR Super Donut, Seasonal Fresh Fruit Chicken & Rice Casserole w/Roll OR Meatball Sub Seasoned Green Beans Sweet Potato Chunks Fresh Nectarines Chilled Strawberries	2-7 Chicken Biscuit OR Cinnamon Roll, Seasonal Fresh Fruit <u>BREAKFAST FOR LUNCH TUESDAY</u> Ham, Egg & Cheese Biscuit OR Beef Fiestada Tater Tots Steamed Broccoli Fresh Oranges Chilled Pineapple Chilled Pudding	2-8 Breakfast Pizza OR Breakfast Parfait, Seasonal Fresh Fruit Rib-B-Que OR Buffalo Popcorn Chicken w/Roll Seasoned Peas Savory Carrots French Fries Fresh Grapes Chilled Applesauce	2-9 Ham & Cheese Biscuit OR Banana/Berry/Pumpkin Bread, Seasonal Fresh Fruit Vegetable Beef Soup w/Grilled Cheese & Crackers OR Pork Chop On Bun Lettuce Leaf & Sliced Tomato Seasoned Squash Veggies & Dip Fresh Apples Chilled Peaches	2-10 Egg, Sausage & Cheese Slider OR Mini Waffles, Seasonal Fresh Fruit Fish Nuggets w/Hushpuppies OR Eastern BBQ Sandwich Creamy Coleslaw Baked Beans French Fries Fresh Banana Chilled Mandarin Oranges
2-13 Pancake/Sausage On Stick OR Fruit Frudel, Seasonal Fresh Fruit Chicken Taco Soup w/Cheese Quesadilla OR Pork Chop On Bun Sweet Potato Chunks California Blend Farm to School Fresh Apples Chilled Pineapple	2-14 Beef Steak Biscuit OR Pancake Minis, Seasonal Fresh Fruit Cheeseburger On Bun OR Hot Dog with or without Chili French Fries Seasoned Green Beans Lettuce Leaf & Sliced Tomato Fresh Pear Swee' Heart Cherry Ice	2-15 French Toast Sticks OR Egg & Cheese Biscuit, Seasonal Fresh Fruit <u>PARFAIT WEDNESDAY</u> Meatballs & Gravy w/Roll OR Popcorn Chicken w/Roll Mashed Potatoes Seasoned Collards Fresh Oranges Chilled Diced Pears	2-16 Sausage Biscuit OR Honey Bun, Seasonal Fresh Fruit Beef & Cheese Nachos OR Corn Dog Nuggets Black Bean Fiesta French Fries Salsa Fresh Plums Chilled Peaches	2-17 Breakfast Gravy Pizza OR Bagel Cream Cheese Bar, Seasonal Fresh Fruit Mandarin Chicken Over Rice w/Roll OR Rib-B-Que On Bun Glazed Carrots Seasoned Cabbage Fresh Bananas Chilled Mandarin Oranges
2-20 NO SCHOOL	2-21 Breakfast Bites OR Banana/Berry/Pumpkin Bread, Seasonal Fresh Fruit <u>BREAKFAST FOR LUNCH TUESDAY</u> Chicken Tenders & Waffles OR Sloppy Joe On Bun Tater Tots Seasoned Green Beans Fresh Grapes Chilled Pineapple	2-22 Chicken Biscuit OR Breakfast Parfait, Seasonal Fresh Fruit Roasted Chicken w/Biscuit OR Eastern BBQ Sandwich Sweet Potato Chunks Creamy Coleslaw Baked Beans Fresh Apple Chilled Peaches	2-23 Ham & Cheese Biscuit OR Cinnamon Roll, Seasonal Fresh Fruit Chicken & Cheese Fiesta Potato w/Roll OR Corn Dog Nuggets Broccoli Salad Seasoned Squash Fresh Orange Chilled Strawberry Applesauce	2-24 Breakfast Pizza OR Super Donut, Seasonal Fresh Fruit Beef & Cheese Nachos OR Pork Chop On Bun French Fries Savory Carrots Salsa Fresh Bananas Chilled Mandarin Oranges
2-27 Pancake Sausage On Stick OR Bagel Cream Cheese Bar, Chilled Fruit Variety Salisbury Steak & Gravy w/Roll OR Chicken Nuggets w/Roll Mashed Potatoes Seasoned Collard Greens Fresh Pears Chilled Strawberries	2-28 Beef Steak Biscuit OR Honey Bun, Seasonal Fresh Fruit Mini Ravioli & Roll OR Cheeseburger On Bun Lettuce Leaf, Sliced Tomato & Pickles French Fries Seasoned Mixed Vegetables Fresh Nectarines Chilled Applesauce Manager's Choice Cookie			

Cereal, graham crackers, juice, assorted muffins & toaster pastries are available daily for breakfast

Flavored and unflavored skim milk is available daily for breakfast and lunch

This institution is an equal opportunity provider