

# SOUTHERN WELLS JR/SR HIGH SCHOOL

## WINTER/SPRING MENU

**2019**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Week 1</b>	Rect. Pizza or Chic. Quesadilla Applesauce Lettuce salad Cherry tomatoes Milk	Drumstick or Fish nuggets Mixed fruit Baked beans Rice Krispy treat Roll and Milk	Loaded fries w/ taco meat or BBQ pork Garlic twist Pears Fresh veggies and Milk	French tst sticks sausage or cheese omelet, juice cup Hash browns Fresh carrots Milk	Chicken tenders or Hot/Spicy tenders Peaches Mashed potatoes Cooked broccoli B/B and Milk
<b>Week 2</b>	Br. Tenderloin or Country fried stk Applesauce Corn Fresh veggies Milk	Taco Tuesday or Chicken fajita Tortilla chips Mixed fruit Refried beans Spanish rice and Milk	Soup/Salad bar Chili or Potato soup Bosco breadstick Pears Fresh veggies Milk	Salisbury Steak or Chicken breast w/gravy Oranges Mashed potatoes Roll and Milk	Stuffed crust pizza or Calzone Peaches Green beans Cucumbers Milk
<b>Week 3</b>	Cheeseburger or Raider rib sand. Applesauce French fries Fresh broccoli Milk	Turkey and noodles or turkey slc Mixed fruit Mashed potatoes Cherry tomatoes Roll and Milk	Br Chicken sand or Hot/Spicy sand Pears Baked beans Cucumbers Milk	Pancakes w/choice of sausage patties or cheese omelet Apple, carrots Hash browns Milk	Chicken nuggets or Sriracha chic nuggets Peaches Peas Red peppers B/B and Milk
<b>DATES</b>	<b><u>WEEK 1</u></b> 1/7      4/1 1/28     4/22 2/18     5/13 3/11	<b><u>WEEK 2</u></b> 1/14     4/8 2/4      4/29 2/25     5/20 3/18	<b><u>WEEK 3</u></b> 1/21     4/15 2/11     5/6 3/4      5/27 3/25	<b>SALAD BAR AVAILABLE DAILY</b>  <b>MENU'S SUBJECT TO CHANGE</b>	<b>FRESH FRUITS AND VEGETABLES OFFERED DAILY</b>

