

# February 2018

## SMS--SHS

### LUNCH



**Lunch prices:**  
**Full pay \$2.50**  
**Reduced \$.40**  
**Adult \$3.75**

**Chef salad box available daily**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. This institution is an equal opportunity provider.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Chicken sandwich  
 OR  
 Sub sandwich  
 Lettuce & tomato  
 Sweet potato fries  
 Fruit /Milk

Grilled chicken sandwich  
 OR  
 Meatball sub  
 Baked beans  
 Baked chips  
 Fruit/ Milk

Chicken tenders & roll  
 OR  
 BBQ sandwich  
 Mashed potatoes  
 Green beans  
 Fruit / Milk

Spaghetti & breadstick  
 OR  
 Pizza  
 Side salad  
 Fruit  
 Milk

Philly cheesesteak w/ O&P  
 OR  
 Sub sandwich w/ lettuce & tomato  
 French fries  
 Fruit  
 Milk

Tacos w/lettuce & tomato  
 OR  
 Baked potato w/ham & cheese  
 Refried beans  
 Graham crackers  
 Fruit/ Milk

Hamburger  
 OR  
 Meatball sub  
 Baked beans  
 Baked chips  
 Fruit/ Milk

Chicken & noodles  
 OR  
 BBQ sandwich  
 Spinach salad  
 Sweet potatoes  
 Fruit / Milk

Baked ziti & garlic bread  
 OR  
 Pizza  
 Side salad  
 Corn  
 Fruit / Milk

Hot dog & french fries  
 OR  
 Baked potato w/ ham & cheese  
 Coleslaw  
 Fruit/ Milk

Fish sticks & hushpuppy  
 OR  
 Sub sandwich  
 Potato wedges  
 Coleslaw  
 Fruit / Milk

Grilled chicken sandwich  
 OR  
 Meatball sub  
 Baked beans  
 Baked chips  
 Fruit/ Milk

Country fried steak, rice& g  
 OR  
 Baked potato w/ ham & cheese  
 Steamed carrots  
 Roll  
 Fruit / Milk

Toasted cheese sandwich  
 OR  
 Sub sandwich  
 Broccoli salad  
 Baked chips  
 Fruit / Milk

Shepards pie & roll  
 OR  
 BBQ sandwich & fries  
 Coleslaw  
 Fruit  
 Milk

Corn dog  
 OR  
 Pizza  
 Tator tots  
 Green peas  
 Fruit / Milk

Hamburger  
 OR  
 Meatball sub  
 Baked beans  
 Baked chips  
 Fruit/ Milk

Chicken nuggets & roll  
 OR  
 BBQ sandwich  
 French fries  
 Green beans  
 Fruit/ Milk

Sausage dog w/ onion & p  
 OR  
 Sub sandwich w/ lettuce & tom.  
 Baby carrots w/ ranch  
 Baked chips  
 Fruit / Milk

Nachos  
 OR  
 Pizza  
 Side salad  
 Pinto beans  
 Fruit / Milk

