



# FEBRUARY | 2019

## Wheelersburg High Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	31	1 Pizza Bread Corn Hot Dogs with Sauce Apple Sauce Juice Low Fat Milk
4 Cheese Burgers Fries Apples Low Fat Milk	5 Italian Dunkers Fajita Wrap Green Beans Apples Juice Low Fat Milk	6 Taco Salad Cooks Choice Black Beans Apples Juice Low Fat Milk	7 Vegetable Soup Grilled Cheese Sandwich Rib Sandwich Peas Bananas Low Fat Milk	8 Tony's pizza Grilled Fajita Wrap Green Beans Apples Low Fat Milk
11 Chicken Sandwich Green Beans Philly Cheese Steak Fruit Juice Low Fat Milk	12 Queso Boat Fajita Wraps Steamed Broccoli Bananas Low Fat Milk	13 Beefy Cheese Nachos Bosco Sticks Bake Beans Pears Low Fat Milk	14 Chili PB & Jelly Sandwich Hamburgers Pears Low Fat Milk	15 Pizza Bread Corn Hot Dogs with Sauce Apple Sauce Juice Low Fat Milk
18 Enter Text Here	19 Enter Text Here	20 Chicken Taco Bake Beans BBQ Chicken Sandwich Banana Juice Low Fat Milk	21 Chicken Noodle soup Grilled Cheese Spicy Chicken Sandwich Green Beans Banana Low Fat Milk	22 Big Daddy's Pizza Green Beans Italian Sub Fruit Low Fat Milk
25 Bacon Cheeseburgers Footers Tater Tots Bananas Low Fat Milk	26 Footers Sauce Fries Rib Sandwich Bananas Low Fat Milk	27 Taco in Bag Refried Beans Chicken Waffles Fruit Juice Low Fat Milk	28 Chicken Waffles Corn Fish Sandwich Fruit Juice Low Fat Milk	1 Sub Trays Yogurt Trays PBJ Trays Chef Salad Offered Daily as Other Choices for Students

### News

Students are offered a serving of meat/meat alternate, grains, fruits, vegetables, and fat free white or flavored milk. Students are required to take a least one fruit or vegetable at lunch. Meals are controlled for calories, sodium, total fat, saturated fat, and no trans-fats by three age categories of K-5, 6-8, and 9-12. Meal choices will differ between age groups.  
Student Lunch-\$2.85  
Reduced-\$ .40

OFFERING EVERYDAY  
Broccoli Cup's with Ranch cup  
Carrot Cup  
With Ranch Cup's  
And Soup everyday

Sub Trays  
Yogurt Trays  
PBJ Trays  
Chef Salad  
Offered Daily as Other Choices for Students