

February 2018




STAPLES-MOTLEY HIGH SCHOOL & ALC

KEY: B- Breakfast L- Lunch

Milk served with all meals

Menu subject to change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| | | | 1 Mini Pan cakes, Cereal, fruit, juice, milk Chicken Drumstick, Rice, Dinner Roll, Broccoli, fruit, milk | 2 Biscuits and Gravy, cereal, fruit, juice, milk Grilled Cheese with Tomato Soup, crackers, assorted fruit, milk |
| 5 Waffles, Cereal, Fruit, Juice, Milk Chicken Nuggets, potato cubes, Peas, Carrots, Fruit and Milk | 6 Stuffed Cream Cheese bagel, Cereal, Fruit, Juice, Milk Cheeseburger meatloaf, mashed potatoes, dinner roll, fruit, milk | 7 The Fred, Cereal, Fruit, Juice, Milk Walking Taco with beef & Fixings, Cucumbers, Assorted fruit and milk | 8 Snack bread, Cereal, Fruit, Juice, Milk Hamburgers w/ Lettuce & Tomatoes, baked fries, Beans, assorted fruit and milk | 9 Cooks Choice Garlic Cheese Bread with red sauce, green beans, mixed green salad, assorted fruit and milk |
| 12 Egg & Cheese Sandwich, Cereal, Fruit, Juice, Milk Chili Dogs with cheese, Baked Potato cubes, fresh carrots, assorted fruit and milk | 13 Cinnamon Rolls, Cereal, Juice, Fruit and milk Spaghetti with Meatballs, Mixed Lettuce Salad, Green Beans, assorted fruit and milk | 14 Biscuits and Gravy, cereal, fruit, juice, milk BBQ Chicken Sandwich, Baked beans, Cole Slaw, fruit, sun chips, milk | 15 Mini Pan cakes, Cereal, fruit, juice, milk Baked Potato bar, Bread slice with Peanut Butter and Jelly, assorted fruit, milk | 16 NO SCHOOL |
| 19 NO SCHOOL | 20 NO SCHOOL | 21 Stuffed Cream Chz Bagel, Cereal, fruit, juice, milk Orange Chicken, brown rice, marinated cucumbers, broccoli, fruit, milk | 22 Snack bread, Cereal, Fruit, juice, milk Thanksgiving meatballs, mashed potatoes, green beans, 2 dinner rolls, fruit, milk | 23 Cinnamon Roll, Cereal, fruit, juice, milk Pizza, corn, salad greens, cookie, fruit, milk |
| 26 Egg & Cheese Sandwich, Cereal, Fruit, Juice, Milk Quesadillas, baked beans, mixed green salad, fruit and milk | 27 Cinnamon Rolls, Cereal, Juice, Fruit and milk Mac and Cheese, green beans, fresh carrots, dinner roll, assorted fruit, milk | 28 The Fred, Cereal, Fruit, Juice, Milk Corn Dog, Cole slaw, potato cubes, fruit and milk |  | |

February 2018



Milk Choices offered daily . bag lunches may include peanut butter.