



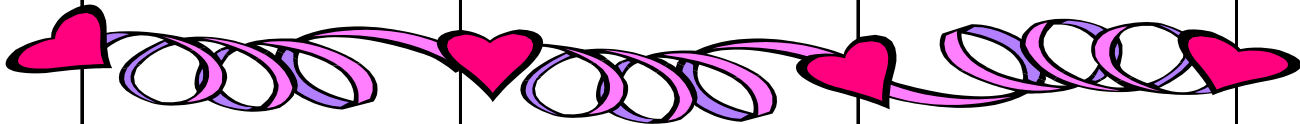







# McFarland Unified School District HIGH SCHOOL NUTRITION BREAK FEBRUARY 2014



| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
| 2/3<br>Cherry Danish,<br>String Cheese,<br>Fresh Fruit   | 2/4<br>Yogurt, Graham Cracker,<br>Fresh Fruit  | 2/5<br>Chocolate Chip Muffin,<br>String Cheese,<br>100% Apple Juice                   | 2/6<br>Chocolate Chip Muffin,<br>100% Orange Juice                     | 2/7<br>Mini Sweet Potato Bun,<br>String Cheese,<br>Fresh Fruit  |
| 2/10<br><br>Lincoln's Birthday    | 2/11<br>Chocolate Chip Muffin,<br>Fresh Fruit  | 2/12<br>Breakfast Wrap w/Egg &<br>Cheese, Fresh Fruit                                 | 2/13<br>Whole Grain Blueberry Tops,<br>Sunflower Seeds,<br>Fresh Fruit | 2/14<br>2-Mini Cinnamon<br>Sweet Potato Buns,<br>100% Orange Juice<br> |
| 2/17<br><br>Washington's Birthday | 2/18<br>Blueberry Muffin,<br>Fresh Fruit   | 2/19<br>Breakfast Burrito<br>W/ Egg, Cheese & Turkey<br>Sausage,<br>100% Orange Juice | 2/20<br>Whole Wheat Cinnamon Bun,<br>Fresh Fruit                       | 2/21<br>Apple Cinnamon Mini Loaf,<br>String Cheese<br>Fresh Fruit   |
| 2/24<br>Yogurt, Graham Cracker,<br>Fresh Fruit   | 2/25<br>Cherry Danish,<br>100% Orange Juice  | 2/26<br>Cinnamon Glazed<br>French Toast, String Cheese,<br>Fresh Fruit                | 2/27<br>Whole Wheat Breakfast Bar,<br>Fresh Fruit                      | 2/28<br>Whole Grain blueberry Tops,<br>Sunflower Seeds,<br>100% Apple Juice   |
|                                 |    |   |  |    |
| "This institution is an equal<br>opportunity provider"   |  <b>Enjoy A Great Breakfast to Jump Start your Day!</b>  |   |  | Choice of Milk Served Daily.<br>"Menu is subject to change without<br>notice"   |






# McFarland Unified School District

## HIGH SCHOOL LUNCH MENU

### FEBRUARY 2014



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|--|---|---|
| 2/3<br>Mini Cheeseburgers, Mixed Vegetables, Fresh Broccoli, Chilled Pears, Chocolate Bear Graham                                      | 2/4<br>Salisbury Steak, Mashed Potatoes, Steamed Broccoli, Diced Peaches, Whole Wheat Roll   | 2/5<br>Honey BBQ Chicken Nuggets, Baked Sweet Potato Fries, Fresh Apple, Soft Bread Stick                  | 2/6<br>Turkey Gravy Mashed Potatoes, Cucumber Coins, Wheat Roll, Fresh Oranges, Vanilla Cracker | 2/7<br>4X6 Cheese Pizza, Romaine & Spinach Salad w/Kidney Beans, Fresh Pineapple  |
| 2/10<br>Lincoln's Birthday   | 2/11<br>BBQ Beef Smokie Rib Patty on Wheat Bun, Mashed Potatoes, Chilled Peaches   | 2/12<br>Breaded Chicken Patty on a Wheat Bun Sandwich, Baby Carrots, Cherry Tomatoes, Fresh Oranges        | 2/13<br>Teriyaki Chicken w/Steamed Rice, Mixed Vegetables, Cucumber Coins, Mandarin Oranges     | 2/14<br><br>Sicilian Wedge Pepperoni, Romaine & Spinach Salad W/Garbanzo beans, Chilled Apricots |
| 2/17<br><br>Washington's Birthday                     | 2/18<br>Popcorn Chicken, Steamed Rice, Cucumber Coins, Fresh Banana  | 2/19<br>Charbroiled Burgers on a Wheat Bun, Baked Potato Wedges, Fresh Tomatoes & Cauliflower, Fresh Apple | 2/20<br>Sloppy Joe on a Wheat Bun, Baked Beans, Snap peas & Cherry tomatoes, Fresh Orange       | 2/21<br>Italian Dunkers W/Marinara Sauce, Romaine & Spinach Salad, W/Black Beans & Corn, Chilled Applesauce   |
| 2/24<br>Hot Dogs on a Wheat Bun, Steamed Carrots, Diced Pears, Vanilla Graham  | 2/25<br>Breaded Chicken Strips, Steamed Broccoli, Diced Peaches, Graham Cracker  | 2/26<br>Cheese Quesadillas, Seasoned Mixed Vegetables, Fresh Apple   | 2/27<br>Beef Tacos, Refried Beans, Cucumber Sticks, Fresh Oranges                               | 2/28<br>4X6 Cheese Pizza, Romaine & Spinach Salad w/Kidney Beans, Chilled Applesauce  |
|   |    |  |   |    |
|  "This institution is an equal opportunity provider" |  <b>Enjoy A Healthy Balanced Lunch!</b>  |  |   | "Choice of Milk Served Daily"<br>"Menu is subject to change without notice"   |