

February 2022

Mid-Atlantic Regional Lunch Menu - High School



LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Chicken Alfredo</b> 31 with Whole Grain Pasta Roasted Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p><b>Cheese Pizza</b> 1 Sweet Potato Fries/Tots(K-8: 3/4 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk</p>	<p><b>Jerk Chicken Sandwich</b> 2 Aromatic Beans (K-8: 1/2 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk</p>	<p><b>Build your Own: Soft Tacos</b> 3 Fajita-Style Peppers &amp; Onions (1/2 cup) Steamed Corn (1/2 cup) Assorted Fruit Skim/1% Milk</p>	<p><b>Chicken Tenders</b> 4 Dinner Roll (9-12 only) Seasoned Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>
<p><b>BBQ Chicken Sandwich</b> 7 Baked Beans (K-8: 3/4 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk</p>	<p><b>Hot Dog on Whole Grain Bun</b> 8 Roasted Cauliflower (K-8: 3/4 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk</p>	<p><b>Lemon Herb Chicken</b> 9 with Carrots (K-8: 3/4 cup; 9-12: 1 cup) Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p><b>Meatloaf</b> 10 Chef's Choice: Roll or Cornbread Mashed Potatoes &amp; Green Beans Assorted Fruit Skim/1% Milk</p>	<p><b>Cheesy Chicken Tomato Bake</b> 11 Roasted Broccoli (1/2 cup)  Assorted Fruit Skim/1% Milk</p>
<p><b>Chicken Patty Sandwich</b> 14 Tater Tots (K-8: 3/4 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk</p>	<p><b>Beef Hamburger on Whole Grain Bun</b> 15 Green Beans (K-8: 3/4 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk</p>	<p><b>Pasta with Meat Sauce</b> 16 Lemony Broccoli (1/2 cup)  Assorted Fruit Skim/1% Milk</p>	<p><b>Arroz Con Pollo</b> 17 Aromatic Beans (1/2 cup)  Assorted Fruit Skim/1% Milk</p>	<p><b>Teriyaki Chicken Sandwich</b> 18 Sweet Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>
<p><b>No School</b> 21</p>	<p><b>Chicken Tenders</b> 22 Dinner Roll (9-12 only) Roasted Potatoes (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p><b>Chicken Alfredo</b> 23 with Whole Grain Pasta Roasted Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p><b>Turkey Bean Chili</b> 24 Cornbread / Brown Rice  Assorted Fruit Skim/1% Milk</p>	<p><b>No School</b> 25</p>
<p><b>Pizza Pasta Bake</b> 28 Roasted Cauliflower (K-8: 3/4 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk</p>				

Harvest of the Month

This institution is an equal opportunity provider.

NOTE: Menu subject to change