



# FEBRUARY | 2019

## Piqua High School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	31	1 East of Chicago (42) Chicken Fingers (13) w/ Dinner Roll (15) Cucumbers (0) & Tomatoes(2) Baby Carrots (12) w/ Ranch (5) Fresh Banana (27) Mandarin Oranges (20)
4 Coney Dog (2) w/ Cheese (0) Bun (21) Chicken Patty (28) Baked Beans (36) Baby Carrots (12) w/ Ranch (5) Fresh Oranges (21) Applesauce (14)	5 Mozzarella Dippers (26) w/ Marinara (6) Cheeseburger (21) French Fries (12) Steamed Broccoli (2) Fresh Apple Slices (18) Peaches (14)	6 Cheese Quesadilla (40) Sloppy Joe (31) Glazed Carrots (16) Corn (16) Grapes (16) Pears (16)	7 Chicken & Noodles (21) Chicken Nuggets (13) Dinner Roll (15) Mashed Potato (15) Green Beans (4) Pumpkin Custard (32) Strawberries (22) Pineapple (20)	8 East of Chicago (42) Pulled Pork Sand. (26) Cucumbers (0) & Tomatoes (2) w/ Ranch (5) Peas (11) Fresh Banana (27) Mandarin Oranges (20)
11 Dorito Walking Taco (28) Meat & Cheese (3) Pulled Pork Fajita (21) Lettuce & Salsa (5) Refried Beans (16) Fresh Oranges (21) Applesauce (14)	12 Cheese Garlic Bread (30) Chili (15) Combread (28) Gold Fish Crackers (14) Salad (4) w/ French (6) or Ranch (5) Green Beans (4) Fresh Apple Slices (18) Peaches (14)	13 French Toast (46) Syrup Cup (29) Sausage, Egg & Cheese Sandwich (29) Tater Rounds (16) Glazed Carrots (16) Orange Juice (19) Pears (16)	14 Hot Ham & Cheese (25) BBQ Chicken Sand. (28) Baked Potato (24) Steamed Broccoli (2) Cheese Sauce (5) Strawberries (22) Pineapple (20)	15 <b>NO SCHOOL</b>
18 <b>NO SCHOOL</b>	19 Spaghetti (34) w/ Breadstick (14) BBQ Rib w/ Pickle (38) Salad (4) w/ French (6) or Ranch (5) Green beans (4) Fresh Apple Slices (18) Peaches (14)	20 Grilled Cheese (31) Chicken Patty (39) Tomato Soup (20) Steamed Broccoli (2) Grapes (16) Pears (16)	21 Roasted Chicken (0) Chicken Nuggets (15) Dinner Roll (15) Mashed Potato (15) Glazed Carrots (16) Strawberries (22) Pineapple (20)	22 East of Chicago (42) Shredded BBQ (30) Celery (2) w/ Peanut butter cup (8) Corn (16) Fresh Banana (27) Mandarin Oranges (20)
25 Mac & Cheese (28) Fish Sticks (22) Dinner Roll (15) Potato Wedges (14) Cooked Carrots (16) Fresh Oranges (21) Applesauce (14)	26 Ravioli (28) Pizza Bob (30) Salad (4) w/ French (6) or Ranch (5) Green Beans (4) Fresh Apple Slices (18) Peaches (14)	27 General Tso Chicken (25) w/ Rice (29) Popcorn Chicken (20) w/ Roll (15) French Fries (14) Steamed Broccoli (2) Grapes (16) Pears (16)	28 Chicken Fajita (21) Taco Salad (21) Lettuce & Salsa (5) Refried Beans (16) Strawberries (22) Pineapple (20)	1 East of Chicago (42) Chicken Fingers (13) w/ Dinner Roll (15) Cucumbers (0) & Tomatoes(2) Baby Carrots (12) w/ Ranch (5) Fresh Banana (27) Mandarin Oranges (20)

### Fruit & Vegetables

You **MAY** take 2  
Fruits and 2  
Vegetables with your meal  
But it is  
**REQUIRED** that  
You take at least 1 of one or  
the other  
To count as a  
Reimbursable  
School meal

All lunches come  
With low-fat  
Or no fat Milk

### Other Choices

Chicken Patty Sandwich (28)  
Cheeseburger (26)  
Cheese Sticks (30)  
Spicy Chicken Sandwich (28)  
School Pizza (33)  
Salads (15)  
PB&J w/ Yogurt (44)  
(##) is Carb count