



FEBRUARY | 2019

Taylor County High School

MONDAY

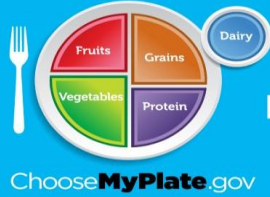
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

If students choose a Grab N Go Option, They can also choose fruit or vegetables from the line.



Make a Healthy Plate!



NATIONAL HEART MONTH

HEALTHY HEART TIP
Get regular, moderate physical activity! It helps lower blood pressure and helps your body control stress and weight. Start by doing what you can, even 10 minutes can make an impact on your heart.



1 Bosco Pizza Stick
Baked Chips
Broccoli & Carrots w/ dip
Sliced Pears/Orange Push-Up
Hamburger & Chips
Grab & Go Option 5

4 **Chicken Fajita**
Spanish Rice & Queso Cheese
Fiesta Beans/ Sweet Corn
Fruit Salad &
Bug Bites Grahams
Hamburger & Fries
Grab & Go Option 1

5 **Pasta Bar**
(Pasta, Marinara, or Alfredo)
Garden Side Salad/Peas
Garlic Bread Stick
Sidekick Frozen Fruit Juice
Bosco Pizza Stick
Grab & Go Option 2

6 **Bosco Pizza Stick**
Potato Triangles
Glazed Carrots
Strawberry Cup
Choc Chip Cookie
Hamburger & Potato Triangles
Grab & Go Option 3

7 **Chicken Tenders**
Mashed Potatoes
Broccoli Casserole
Peach Slices/Dinner Roll
Bosco Pizza Stick
Grab & Go Option 4

8 **Big Daddy Pizza**
Garden Salad/Sweet Corn
Apple Slices
Orange Sherbet Cup
Hamburger & Chips
Grab & Go Option 5

11 **Chicken Drumstick**
Mashed Potatoes
Lima Beans
Biscuit & Gravy
Baked Apples
Hamburger & Fries
Grab & Go Option 1

12 **Taco Tuesday**
Tomato*Lettuce*Cheese
Spanish Rice/Refried Beans
Pineapple Tidbits/Fudge Bar
Bosco Pizza Stick
Grab & Go Option 2

13 **Wing Wednesday**
Potato Wedges
Coleslaw/Dinner Roll
Sliced Peaches
Hamburger & Wedges
Grab & Go Option 3

14 **Valentine's Day Chili**
Grilled Cheese
Carrot*Broccoli*Dip
Strawberries & Cake
Bosco Pizza Stick
Grab & Go Option 4

15 **Hot Dog or Chili Dog**
Baked Chips
Sweet Corn/Carrots
Mixed Fruit
Mini Rice Krispie Treat
Potato Bar
Grab & Go Option 5

18
President's Day
No School

19 **Chicken Sandwich**
French Fries
Baked Beans
Peach Cup
Bosco Pizza Stick
Grab & Go Option 2

20 **Big Daddy Pizza**
Garden Salad
w/ Cherry Tomatoes
Glazed Carrots/Sweet Corn
Applesauce & Bunny Grahams
Hamburger & Chips
Grab & Go Option 3

21 **Mandarin Orange Chicken**
Rice Pilaf, Oriental Veggies
Egg Roll Or Dinner Roll
Pineapple Tidbits
Bosco Pizza Stick
Grab & Go Option

22 **Bosco Pizza Stick**
Baked Chips
Broccoli & Carrots w/ dip
Sliced Pears/Orange Push-Up
Hamburger & Chips
Grab & Go Option 5

25 **Chicken Fajita**
Spanish Rice & Queso Cheese
Fiesta Beans/ Sweet Corn
Fruit Salad & Bug Bites
Grahams
Hamburger & Fries
Grab & Go Option 1

26 **Pasta Bar**
(Pasta, Marinara, or Alfredo)
Garden Side Salad/Peas
Garlic Bread Stick
Sidekick Frozen Fruit Juice
Bosco Pizza Stick
Grab & Go Option 2

27 **Bosco Pizza Stick**
Potato Triangles
Glazed Carrots
Strawberry Cup
Choc Chip Cookie
Hamburger & Potato Triangles
Grab & Go Option 3

28 **Chicken Tenders**
Mashed Potatoes
Broccoli Casserole
Peach Slices/Dinner Roll
Bosco Pizza Stick
Grab & Go Option 4

1 **Big Daddy Pizza**
Garden Salad/Sweet Corn
Apple Slices
Orange Sherbet Cup
Hamburger & Chips
Grab & Go Option 5

BREAKFAST MENU

Monday

Breakfast Pizza or Donut Holes

Tuesday

Sausage or Chicken Biscuit

Wednesday

French Toast Sticks, Donut Holes or Strawberry/Banana Smoothie

Thursday

Sausage, Biscuit, Gravy, & Eggs

Friday

Donut Holes, Pancake Sausage Stick or Strawberry/Banana Smoothie

Cereal, Pop Tarts, and Yogurt along with Fresh Fruit, Juice, and Milk available daily.

GRAB & GO LUNCH OPTIONS

Option 1-Goldfish & Cheese sticks

Option 2-EZ Jammer or Salad Box

Option 3-Ham & Turkey Lunch Kit

Option 4-Salad Box

Option 5-Sub Sandwich

Veggies & Fruits also included

Mon, Wed, & Fri-Salad Bar

Tues & Thurs-Sub Sandwich Line

Variety of milk served with

breakfast and lunch.