

TEAYS VALLEY HIGH SCHOOL

FEBRUARY 2019



CARLA BALLARD-CAFETERIA MANAGER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28-Jan	29-Jan	30-Jan	31-Jan	1-Feb
BOSCO STICKS MARINARA CUP PEAS AND CARROTS CUCUMBERS / DIP FRESH FRUIT-APPLESAUCE CUP MILK	CHICKEN AND NOODLES MASHED POTATOES GREEN BEANS FRESH FRUIT-PEACH CUP WG DINNER ROLL MILK	PIZZA BROCCOLI CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK	POPCORN CHICKEN CALIFORNIA BLEND TOMATO CUP/DIP FRESH FRUIT-PINEAPPLE GARLIC BREAD MILK	CHILI OR PLAIN BEEF HOT DOG OVEN BAKED BEANS CRISPY BAKED FRIES FRESH FRUIT-MIXED BERRY CUP POPCORN MILK
4-Feb	5-Feb	6-Feb	7-Feb	8-Feb
HOMESTYLE CHICKEN TENDERS MASHED POTATOES/GRAVY GREEN BEANS FRESH FRUIT- PEARS TWISTED BREADSTICK MILK	GRILLED CHEESE SANDWICH TOMATO SOUP-CRACKERS CELERY STICKS-DIP FRESH FRUIT-JUICE CUP GOLDFISH CRACKERS MILK	PIZZA CRUNCHY SALAD CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK	CRISPY CHICKEN SANDWICH OVEN BAKED FRIES BARBECUED BAKED BEANS FRESH FRUIT-PEACH CUP TOMATO-LETTUCE MILK	BAKED POTATO ROMAIN SALAD FRESH FRUIT- MIXED FRUIT CUP HARDBOILED EGG-CHEESE STICK PRETZEL BREADSTICK JUICE-,MILK
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb
CHEESY OMELET SAUSAGE HASHBROWNS CELERY STICKS-DIP FRESH FRUIT-JUICE CUP CINNAMON TOAST-MILK	OVEN FRIED CHICKEN MASHED POTATOES GREEN BEANS FRESH FRUIT-PEAR CUP HONEY CORN BISCUIT MILK	PIZZA BROCCOLI CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK	CHEESY RAVIOLI GARDEN SALAD SUGAR SNAP PEAS FRESH FRUIT-PEAR CUP GARLIC BREAD- HEART COOKIE MILK	TEXMEX PIZZA BLACK OR REFRIED BEANS CORN FRESH FRUIT-PINEAPPLE SALSA-SOURCREAM MILK
18-Feb	19-Feb	20-Feb	21-Feb	22-Feb
 NO SCHOOL	BACON CHEESEBURGER CRISPY OVEN BAKED FRIES BAKED BEANS FRESH FRUIT-MIXED FRUIT CUP PICKLE SLICES-TOMATO SLICES MILK	PIZZA CRUNCHY SALAD CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK	DELUXE SUB SANDWICH VEGGIE PASTA SALAD CUCUMBERS-DIP FRESH FRUIT-TROPICAL FRUIT BAKED CHIPS MILK	CREAMED CHICKEN MASHED POTATOES GREEN BEANS FRESH FRUIT-PEAR CUP BISCUIT-CHERRY PIE MILK
25-Feb	26-Feb	27-Feb	28-Feb	1-Mar
HONEY CRUNCH CORN DOG BAKED BEANS OVEN BAKED FRIES FRESH FRUIT-PEACH CUP RICE KRISPIE TREAT MILK	SWEET AMD SOUR CHICKEN FRIED RICE -ASIAN VEGGIES' EGG ROLL SESAME GREEN BEANS FRESH FRUIT-MANDARIAN ORANGES FORTUNE COOKIE-MILK	PIZZA BROCCOLI CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK	GRILLED CHEESE SANDWICH TOMATO SOUP-CRACKERS CELERY STICKS-DIP FRESH FRUIT-JUICE CUP GOLDFISH CRACKERS MILK	CHEESY GARLIC PIZZA BREAD PEAS AND CARROTS CRAZY CARROTS-DIP FRESH FRUIT-PEAR CUP SHERBET CUP MILK
STUDENT LUNCH \$3.00	REDUCED LUNCH.....40		EXTRA MILK.....50	Adult Lunch...\$4.00
BREAKFAST PRICES:	STUDENT BREAKFAST.....\$1.50		REDUCED-PRICE BREAKFAST.....\$0.30	

MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

NUTRITION NOTES:

TO PROVIDE A VARIETY OF NUTRIENTS AND FIBER IN THE DIET, EAT MORE DARK-GREEN VEGETABLES, ORANGE VEGETABLES, AND DRY BEANS AND PEAS. SOME EXAMPLES ARE BROCCOLI, SPINACH, CARROTS, SWEET POTATOES, AND PUMPKIN AS WELL KIDNEY BEANS, PINTO BEANS, SPLIT PEAS, AND LENTILS. A HEARTY VEGETABLE SOUP COULD INCORPORATE MANY OF THESE COLORFUL AND NUTRITIOUS VEGETABLES TO SERVE UP STEAMING HOT ON A COLD WINTER'S DAY!



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