

**NEW! Available everyday**  
**Grab & Go boxes, Hot Wings boxes**

**Secondary**

Students ..... **\$1.80**  
 Adults ..... **\$3.40**  
 Extra milk ..... **30 cents**

# High School: Choice of one item from each category

Date	Meat/Meat Alternate	Vegetables	Fruit	Bread	Milk
Monday 02-06-12	-Chef salad (2 oz. protein) (1 oz. meat; 1 hard-cooked egg) -Pepperoni pizza -Hamburger on bun	-Chef salad vegetables -French fries -Tossed salad -Lettuce & tomato -Pickle chips or spears	-Canned fruit -Fresh fruit	-Crackers -Pizza crust -Hamburger bun	-Low fat -Chocolate low fat -Skim
Tuesday 02-07-12	-Chef salad (2 oz. protein) (1 oz. meat; 1 hard-cooked egg) -Pepperoni pizza -Beef tips/gravy	-Chef salad vegetables -French fries -Tossed salad -Creamy potatoes -Green peas	-Canned fruit -Fresh fruit	-Crackers -Pizza crust -Whole wheat roll	-Low fat -Chocolate low fat -Skim
Wednesday 02-08-12	-Chef salad (2 oz. protein) (1 oz. meat; 1 hard-cooked egg) -Pepperoni pizza -Spaghetti w/meat sauce	-Chef salad vegetables -French fries -Tossed salad -Green limas	-Canned fruit -Fresh fruit	-Crackers -Pizza crust -Whole wheat roll	-Low fat -Chocolate low fat -Skim
Thursday 02-09-12	-Chef salad (2 oz. protein) (1 oz. meat; 1 hard-cooked egg) -Pepperoni pizza -Manager's choice	-Chef salad vegetables -French fries -Tossed salad	-Canned fruit -Fresh fruit	-Crackers -Pizza crust	-Low fat -Chocolate low fat -Skim
Friday 02-10-12	-Chef salad (2 oz protein) (1 oz. meat; 1 hard- cooked egg) -Pepperoni pizza -Philly cheese sub	-Chef salad vegetables -French fries -Tossed salad -Corn niblets	-Canned fruit -Fresh fruit	-Crackers -Pizza crust -Sub roll	-Low fat -Chocolate low fat -Skim

300 South Catawba Street, Lancaster SC 29720

