

Secondary

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

Available everyday
 Grab & Go boxes, Hot Wings boxes

High School: Choice of one item from each category

Date	Meat/Meat Alternate	Vegetables	Fruit	Bread	Milk
Wednesday 02-01-12	-Chef salad (2 oz. protein) (1 oz. meat; 1 hard-cooked egg) -Pepperoni pizza -Chicken or turkey a la king	-Chef salad vegetables -French fries -Tossed salad -Green beans	-Canned fruit -Fresh fruit	-Crackers -Pizza crust -Whole wheat roll -Fluffy rice	-Low fat -Chocolate low fat -Skim
Thursday 02-02-12	-Chef salad (2 oz. protein) (1 oz. meat; 1 hard-cooked egg) -Pepperoni pizza -Students' choice	-Chef salad vegetables -French fries -Tossed salad	-Canned fruit -Fresh fruit	-Crackers -Pizza crust	-Low fat -Chocolate low fat -Skim
Friday 02-03-12	-Chef salad (2 oz protein) (1 oz. meat; 1 hard-cooked egg) -Pepperoni pizza -Chicken fillet on bun	-Chef salad vegetables -French fries -Tossed salad -Lettuce & tomato	-Canned fruit -Fresh fruit	-Crackers -Pizza crust -Hamburger bun	-Low fat -Chocolate low fat -Skim

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