



# Jamestown Area School District





## High School Lunch Menu

### February 2020

**Lunch Price: \$2.60 Reduced Lunch: \$0.40 Adult Price: \$3.65 Weekly Ticket: \$13.00**

**A school lunch price includes: Entrée (meat/meat alternative & grain) Fruit, Vegetable and Milk.**

(See below for alternative entrees.)

Monday	Tuesday	Wednesday	Thursday	Friday
3-Feb General Tso Chicken Rice Pilaf Asian Vegetables Pineapple Sweet & Sr Sauce	4-Feb Walking Taco Rice Pilaf (9-12) Lettuce/Tomato Pears Salsa& Sour Cream	5-Feb Chicken Nuggets Mashed Potato/Gravy Green Beans Peaches Dinner Roll	6-Feb Italian Combo Plate (Breaded Ravioli & Cheese Sticks) Marinara Dipping Sauce Tossed Salad Fresh Fruit Variety	7-Feb Turkey Club Wrap Leaf Lettuce/Tomato Tater Tots Four Bean Salad Apple Crisp
10-Feb Mini Corn Dogs Oven Baked Fries Baked Beans Pudding Cup Mixed Fruit	11-Feb Tachos (Tater Taco) Rice Pilaf Lettuce/Tomatoes Black Bean & Corn Salad Salsa, Sour Cream Mixed Fruit	12-Feb Pasta Bar (Marinara, Meat, Cheese) Tossed Salad Applesauce Garlic Bread Stick	13-Feb Turkey & Gravy Warm Toasted Biscuits Mashed Potatoes Corn Peaches	
17-Feb <b>No School</b> 	18-Feb Breaded Chicken Patty (Spicy or Regular) Lettuce/Tomato/Pickle Oven Baked French Diced Peaches	19-Feb Nacho Supreme Refried Beans Rice Pilaf (9-12) Salsa & Sr Cream Mixed Fruit	20-Feb Chicken Ranch Wrap Shredded Cheese, Lettuce Edamame & Cranberry Salad Applesauce 2nd: Chipotle Chicken	21-Feb  Stromboli (Buffalo Chicken or Italian) Marinara Dipping Sauce Tossed Salad Pears
24-Feb Meatball Hoagie Oven Baked Fries Tossed Salad Mixed Fruit 	25-Feb Rodeo Burger (Cheeseburger w/ BBQ and an onion ring) Lettuce/Tomato/Pickle Seasoned Potato Wedges Applesauce	26-Feb School Made Veggie Pizza Four Bean Salad Fresh Veggie Sticks with Ranch Dip Peaches 2nd Choice: Pepperoni Pizza	27-Feb Chicken Fajita Tortilla Wrap Refried Beans Rice Pilaf (9-12) Tossed Salad Pears	28-Feb Fair Food Friday! Funnel Cake Cheese Omelet Fresh Veggie Sticks Berry Cup Alt: Corn Dog & Fries

**Choice of Milk:** Skim, 1%, Fat-Free Flavored

*This institution is an equal opportunity provider.*

**Fruit/Vegetables:** Fresh Fruit and Salad/Vegetable Bar (with the purchase of a meal)

**Entrée Alternatives:**

- |                                    |                 |            |                       |
|------------------------------------|-----------------|------------|-----------------------|
| Breaded Chicken Patty on Bun       | Chicken Poppers | Chef Salad | Peanut Butter & Jelly |
| Breaded Spicy Chicken Patty on Bun | Cheeseburger    | Hamburger  | Pizza Variety         |

This menu qualifies under the National School Nutrition Program guidelines for food based menu planning. Meeting criteria for Whole Grain-rich (WG), daily fruit and vegetables, calorie parameters, limiting sodium/trans fat/saturated fat & milk choice.