

FEBRUARY

High School

MONDAY - 1	TUESDAY - 2	WEDNESDAY - 3	THURSDAY - 4	FRIDAY - 5
<i>BBQ Chicken</i>	<i>Chicken Strips</i> <i>Mashed potatoes & Gravy</i>	<i>Salisbury Steak</i> <i>w/Mashed Potatoes & Gravy</i>	<i>Pepperoni Pizza</i> <i>Sausage Pizza</i>	<i>Chicken ala King</i> <i>over Rice</i>
VEGETABLE: Normandy Mix Vegetables Tator Tots	VEGETABLE: Corn Ranch Style Beans	VEGETABLE: Steamed Broccoli Green Beans	VEGETABLE: Tossed Salad Corn on the Cob	VEGETABLE: Glazed Carrots Potato Wedges
<i>Sliced Apples</i> <i>Assorted Fresh Fruit</i>	<i>Fruit Cocktail</i> <i>Assorted Fresh Fruit</i>	<i>Apricots</i> <i>Assorted Fresh Fruit</i>	<i>Rosy Apple Sauce</i> <i>Assorted Fresh Fruit</i>	<i>Sliced Peaches</i> <i>Assorted Fresh Fruit</i>
<i>Chicken Burrito</i> <i>Hamburger</i> <i>Chicken Spaghetti</i>	<i>Chicken Fajitas</i> <i>Country Steak Sandwich</i> <i>Spaghetti W/ Meat sauce</i>	<i>Twin Chicken Tacos</i> <i>Corn Dog</i> <i>Ravioli</i>	<i>Cheese Pizza</i> <i>Turkey & Cheese Hoagie</i> <i>Tuna Salad Sandwich</i>	<i>Cheese Enchiladas</i> <i>BBQ Beef Sandwich</i> <i>Italian Chicken Wrap</i>
SALAD: Crispy Chicken <i>Chicken Lomein</i>	SALAD: Chef Salad <i>Sweet n Sour Meatballs</i>	SALAD: Grilled Chicken <i>Generals Chicken</i>	SALAD: Taco Salad <i>Orange Chicken</i>	SALAD: Chef Salad <i>Sweet n Sour Chicken</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
<i>Donut Holes</i> <i>Banana nut Muffins</i> Assorted Low Sugar Cereal Fruit, Juice or Milk	<i>Scrambled Eggs & Ham</i> <i>Poptart</i> Assorted Low Sugar Cereal Fruit, Juice or Milk	<i>Sausage Biscuit</i> <i>Frittata</i> Assorted Low Sugar Cereal Fruit, Juice or Milk	<i>Breakfast Tacos</i> <i>Donuts</i> Assorted Low Sugar Cereal Fruit, Juice or Milk	<i>French Toast Sticks</i> <i>Chicken Biscuit</i> Assorted Low Sugar Cereal Fruit, Juice or Milk
MONDAY - 8	TUESDAY - 9	WEDNESDAY - 10	THURSDAY - 11	FRIDAY - 12
<i>Oven Fried Chicken</i>	<i>Pepperoni Pizza</i> <i>Sausage pizza</i>	<i>Crispitos</i>	<i>Lasagna</i> <i>W/ garlic Bread</i>	<i>Beef Tamale Pie</i>
VEGETABLE: Steamed Broccoli Corn	VEGETABLE: Tossed Salad Italian Beans	VEGETABLE: Tossed Salad Assorted Baked Chips	VEGETABLE: Steamed Broccoli Green Peas	VEGETABLE: Mixed Vegetables Ranch Style Beans
<i>Diced Pineapple</i> <i>Assorted Fresh Fruit</i>	<i>Sliced Pears</i> <i>Assorted Fresh Fruit</i>	<i>Fruit Cocktail</i> <i>Assorted Fresh Fruit</i>	<i>Diced Peaches</i> <i>Assorted Fresh Fruit</i>	<i>Cinnamon Apple Sauce</i> <i>Assorted Fresh Fruit</i>
<i>Cheese Quesadilla</i> <i>BBQ Beef Sandwich</i> <i>Steak Fingers</i>	<i>Cheese Pizza</i> <i>Italian Hoagie</i> <i>Chicken Salad Sandwich</i>	<i>Ground Beef & Spanish Rice</i> <i>Hot Ham & Cheese Hoagie</i> <i>Spaghetti W/ Meat sauce</i>	<i>Beef N Broccoli</i> <i>Country Steak Sandwich</i> <i>French Bread Pizza</i>	<i>Chicken Burrito</i> <i>Hamburger</i> <i>General Chicken</i>
SALAD: Grilled Chicken <i>Chicken Fajitas</i>	SALAD: Chef Salad <i>Orange Chicken</i>	SALAD: Crispy Chicken <i>Chicken Lomein</i>	SALAD: Chef Salad <i>Sweet n Sour Meatballs</i>	SALAD: Taco Salad <i>Valentine's Ice Cream</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
<i>Sausage Biscuit</i> <i>Pancake on a Stick</i> Assorted Low Sugar Cereal Fruit, Juice or Milk	<i>Breakfast Pizza</i> <i>Blueberry Muffin</i> Assorted Low Sugar Cereal Fruit, Juice or Milk	<i>Waffles n Sausage</i> <i>Ham & Cheese on a Bun</i> Assorted Low Sugar Cereal Fruit, Juice or Milk	<i>Chicken Biscuit</i> <i>Yogurt Parfait</i> Assorted Low Sugar Cereal Fruit, Juice or Milk	<i>Breakfast Pocket</i> <i>Banana muffin</i> Assorted Low Sugar Cereal Fruit, Juice or Milk
MONDAY - 15	TUESDAY - 16	WEDNESDAY - 17	THURSDAY - 18	FRIDAY - 19
<i>No School</i> <i>Staff Development</i>	<i>Country Steak</i> <i>Mashed potatoes & Gravy</i>	<i>Open Faced Turkey</i> <i>Sandwich w/ Gravy</i>	<i>Taco Soup</i> <i>W/ Bread Stick</i>	<i>Pepperoni Pizza</i> <i>Sausage pizza</i>
	VEGETABLE: Pinto Beans Broccoli w/Cheese	VEGETABLE: Potato Wedges Tossed Salad	VEGETABLE: Glazed Carrots Green Beans	VEGETABLE: Broccoli & Cheese Tossed Salad
	<i>Fruit Cocktail</i> <i>Assorted Fresh Fruit</i>	<i>Apricots</i> <i>Assorted Fresh Fruit</i>	<i>Rosy Apple Sauce</i> <i>Assorted Fresh Fruit</i>	<i>Sliced Peaches</i> <i>Assorted Fresh Fruit</i>
	<i>Twin Beef Tacos</i> <i>Toasted Ham & Cheese</i> <i>Ravioli</i>	<i>Beef Burrito</i> <i>Chicken & Cheese Sandwich</i> <i>Chicken Alfredo</i>	<i>Cheese Enchiladas</i> <i>Cheese Burger</i> <i>Italian Chicken Wrap</i>	<i>Cheese Pizza</i> <i>Turkey & Cheese Hoagie</i> <i>Tuna Salad Sandwich</i>
	SALAD: Chef Salad <i>General Chicken</i>	SALAD: Crispy Chicken <i>Fish Fillet</i>	SALAD: Grilled Chicken <i>Teriyaki Chicken</i>	SALAD: Taco Salad <i>Orange Chicken</i>
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	<i>French Toast Sticks</i> <i>Blueberry Muffin</i> Assorted Low Sugar Cereal Fruit, Juice or Milk	<i>Scrambled Eggs & Ham</i> <i>Donut</i> Assorted Low Sugar Cereal Fruit, Juice or Milk	<i>Breakfast Burrito</i> <i>Frittata</i> Assorted Low Sugar Cereal Fruit, Juice or Milk	<i>Ham & Cheese on a Bun</i> <i>Poptart</i> Assorted Low Sugar Cereal Fruit, Juice or Milk
MONDAY - 22	TUESDAY - 23	WEDNESDAY - 24	THURSDAY - 25	FRIDAY - 26
<i>Beef Stroganoff</i> <i>over Noodles</i>	<i>Chicken Strips</i> <i>Mashed potatoes & Gravy</i>	<i>Chicken, Cheese and</i> <i>Rice Casserole</i>	<i>Pepperoni Pizza</i> <i>Sausage Pizza</i>	<i>Smothered Chicken Patty</i> <i>w/ Rice</i>
VEGETABLE: Normandy Mix Vegetables Tator Tots	VEGETABLE: Corn Ranch Style Beans	VEGETABLE: Steamed Broccoli Green Beans	VEGETABLE: Tossed Salad Corn on the Cob	VEGETABLE: Glazed Carrots Potato Wedges
<i>Diced Pineapple</i> <i>Assorted Fresh Fruit</i>	<i>Sliced Pears</i> <i>Assorted Fresh Fruit</i>	<i>Fruit Cocktail</i> <i>Assorted Fresh Fruit</i>	<i>Diced Peaches</i> <i>Assorted Fresh Fruit</i>	<i>Cinnamon Apple Sauce</i> <i>Assorted Fresh Fruit</i>
<i>Chicken Burrito</i> <i>Hamburger</i> <i>Chicken Spaghetti</i>	<i>Chicken Fajitas</i> <i>Country Steak Sandwich</i> <i>Spaghetti W/ Meat sauce</i>	<i>Twin Chicken Tacos</i> <i>Corn Dog</i> <i>Ravioli</i>	<i>Cheese Pizza</i> <i>Turkey & Cheese Hoagie</i> <i>Tuna Salad Sandwich</i>	<i>Cheese Enchiladas</i> <i>BBQ Beef Sandwich</i> <i>Italian Chicken Wrap</i>
SALAD: Crispy Chicken <i>Beef n' Broccoli</i>	SALAD: Chef Salad <i>Sweet n Sour Meatballs</i>	SALAD: Grilled Chicken <i>Chicken Fried Rice</i>	SALAD: Taco Salad <i>Orange Chicken</i>	SALAD: Chef Salad <i>Teriyaki Chicken</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
<i>Donut Holes</i> <i>Waffles n Sausage</i> Assorted Low Sugar Cereal Fruit, Juice or Milk	<i>Scrambled Eggs & Ham</i> <i>Banana nut Muffin</i> Assorted Low Sugar Cereal Fruit, Juice or Milk	<i>Sausage Biscuit</i> <i>Yogurt Parfait</i> Assorted Low Sugar Cereal Fruit, Juice or Milk	<i>Breakfast Tacos</i> <i>Donuts</i> Assorted Low Sugar Cereal Fruit, Juice or Milk	<i>French Toast Sticks</i> <i>Chicken Biscuit</i> Assorted Low Sugar Cereal Fruit, Juice or Milk
West ISD Food Services 801 N. Reagan St. West, TX 76691 (254)826-7504				Sweet Treats:
In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). <p style="text-align: center;">and employer."</p>				Ice Cream Sandwich .75 Fudgesicle .75 Fruit Pop .75 Slushie .75 Sundae Cone 1.25 Bananasicle .75 Snickers Ice Cream Bar 1.25
Juice, *1% white, 1% chocolate & skim milk will be offered during meal service Fruit and toast will be offered at Breakfast. Additional fruit, vegetables and bread will be offered at Lunch.				
Paid Breakfast \$1.50 Reduced Breakfast \$.30 Adult Breakfast \$1.50 Paid Lunch \$2.50, Reduced Lunch \$.40, Adult Lunch \$3.00				