

# FEBRUARY

# Middle School

| MONDAY - 1   | TUESDAY - 2   | WEDNESDAY - 3  | THURSDAY - 4  | FRIDAY - 5   |
|--|---|--|---|--|
| <i>BbQ Chicken</i>   | <i>Chicken Strips</i><br><i>Mashed Potatoes &amp; Gravy</i>   | <i>Salisbury Steak</i><br><i>w/Mashed Potatoes &amp; Gravy</i>   | <i>Pepperoni Pizza</i><br><i>Sausage Pizza</i>  | <i>Chicken ala King</i><br><i>over Rice</i>  |
| VEGETABLE:<br>Steamed Broccoli<br>Corn   | VEGETABLE:<br>Tossed Salad<br>Assorted Baked Chips  | VEGETABLE:<br>Tossed Salad<br>Italian Beans  | VEGETABLE:<br>Steamed Broccoli<br>Green Peas  | VEGETABLE:<br>Mixed Vegetables<br>Ranch Style Beans  |
| <i>Sliced Apples</i><br><i>Assorted Fresh Fruit</i>  | <i>Fruit Cocktail</i><br><i>Assorted Fresh Fruit</i>  | <i>Apricots</i><br><i>Assorted Fresh Fruit</i>   | <i>Rosy Apple Sauce</i><br><i>Assorted Fresh Fruit</i>  | <i>Sliced Peaches</i><br><i>Assorted Fresh Fruit</i>   |
| <i>BbQ Beef Sandwich</i><br><i>Steak Fingers</i>   | <i>Ground Beef &amp; Spanish Rice</i><br><i>Hot Ham &amp; Cheese Hoagie</i>                                 | <i>Cheese Pizza</i><br><i>Italian Hoagie</i>   | <i>Chicken Fajitas</i><br><i>French Bread Pizza</i>   | <i>Chicken Burrito</i><br><i>Hamburger</i>   |
| SALAD: Crispy Chicken<br><i>Enchiladas</i>   | SALAD: Chef Salad<br><i>Spaghetti w/ Meat Sauce</i>   | SALAD: Grilled Chicken<br><i>Chicken Cordon Bleu Sandwich</i>  | SALAD: Taco Salad<br><i>Sweet n Sour Meatballs</i>  | SALAD: Chef Salad<br><i>Chicken Spaghetti</i>  |
| BREAKFAST  | BREAKFAST   | BREAKFAST  | BREAKFAST   | BREAKFAST  |
| <i>Sausage Biscuit</i><br><i>Banana Nut Muffin</i><br>Assorted Low Sugar Cereal<br>Fruit, Juice or Milk  | <i>Breakfast Pizza</i><br><i>Pig in a Blanket</i><br>Assorted Low Sugar Cereal<br>Fruit, Juice or Milk      | <i>Waffles n Sausage</i><br><i>Yogurt Parfait</i><br>Assorted Low Sugar Cereal<br>Fruit, Juice or Milk           | <i>Chicken Biscuit</i><br><i>Ham &amp; Cheese on a Bun</i><br>Assorted Low Sugar Cereal<br>Fruit, Juice or Milk | <i>Breakfast Pocket</i><br><i>Blueberry Muffin</i><br>Assorted Low Sugar Cereal<br>Fruit, Juice or Milk  |
| MONDAY - 8   | TUESDAY - 9   | WEDNESDAY - 10   | THURSDAY - 11   | FRIDAY - 12  |
| <i>Oven Fried Chicken</i>  | <i>Pepperoni Pizza</i><br><i>Sausage pizza</i>  | <i>Crispitos</i>   | <i>Lasagna</i><br><i>w/ Garlic Bread</i>  | <i>Beef Tamale Pie</i>   |
| VEGETABLE:<br>Steamed Broccoli<br>Corn   | VEGETABLE:<br>Tossed Salad<br>Italian Beans   | VEGETABLE:<br>Tossed Salad<br>Assorted Baked Chips   | VEGETABLE:<br>Steamed Broccoli<br>Green Peas  | VEGETABLE:<br>Mixed Vegetables<br>Ranch Style Beans  |
| <i>Diced Pineapple</i><br><i>Assorted Fresh Fruit</i>  | <i>Sliced Pears</i><br><i>Assorted Fresh Fruit</i>  | <i>Fruit Cocktail</i><br><i>Assorted Fresh Fruit</i>   | <i>Diced Peaches</i><br><i>Assorted Fresh Fruit</i>   | <i>Cinnamon Apple Sauce</i><br><i>Assorted Fresh Fruit</i>   |
| <i>BbQ Beef Sandwich</i><br><i>Steak Fingers</i>   | <i>Cheese Pizza</i><br><i>Italian Hoagie</i>  | <i>Ground Beef &amp; Spanish Rice</i><br><i>Hot Ham &amp; Cheese Hoagie</i>                                      | <i>Chicken Fajitas</i><br><i>French Bread Pizza</i>   | <i>Chicken Burrito</i><br><i>Hamburger</i>   |
| SALAD: Grilled Chicken<br><i>Sweet n Sour Chicken</i>  | SALAD: Chef Salad   | SALAD: Crispy Chicken<br><i>Spaghetti W/ Meat Sauce</i>  | SALAD: Chef Salad<br><i>Sweet n Sour Meatballs</i>  | SALAD: Taco Salad<br><i>Valentine's Ice Cream</i>  |
| BREAKFAST  | BREAKFAST   | BREAKFAST  | BREAKFAST   | BREAKFAST  |
| <i>Donut Holes</i><br><i>Banana nut Muffins</i><br>Assorted Low Sugar Cereal<br>Fruit, Juice or Milk   | <i>Breakfast Burrito</i><br><i>French Toast Sticks</i><br>Assorted Low Sugar Cereal<br>Fruit, Juice or Milk | <i>Scrambled Eggs &amp; Ham</i><br><i>Blueberry Muffin</i><br>Assorted Low Sugar Cereal<br>Fruit, Juice or Milk  | <i>Breakfast Tacos</i><br><i>Poptart</i><br>Assorted Low Sugar Cereal<br>Fruit, Juice or Milk                   | <i>Breakfast Pocket</i><br><i>Frittata</i><br>Assorted Low Sugar Cereal<br>Fruit, Juice or Milk  |
| MONDAY - 15  | TUESDAY - 16  | WEDNESDAY - 17   | THURSDAY - 18   | FRIDAY - 19  |
|  | <i>Country Steak</i><br><i>Mashed potatoes &amp; Gravy</i>  | <i>Open Faced Turkey</i><br><i>Sandwich w/ Gravy</i>   | <i>Taco Soup</i><br><i>W/ Bread Stick</i>   | <i>Pepperoni Pizza</i><br><i>Sausage pizza</i>   |
|  | VEGETABLE:<br>Pinto Beans<br>Broccoli w/Cheese  | VEGETABLE:<br>Potato Wedges<br>Tossed Salad  | VEGETABLE:<br>Glazed Carrots<br>Green Beans   | VEGETABLE:<br>Broccoli & Cheese<br>Tossed Salad  |
|  | <i>Sliced Pears</i><br><i>Assorted Fresh Fruit</i>  | <i>Fruit Cocktail</i><br><i>Assorted Fresh Fruit</i>   | <i>Diced Peaches</i><br><i>Assorted Fresh Fruit</i>   | <i>Cinnamon Apple Sauce</i><br><i>Assorted Fresh Fruit</i>   |
|  | <i>Twin Beef Tacos</i><br><i>Toasted Ham &amp; Cheese</i>   | <i>Beef Burrito</i><br><i>Chicken &amp; Cheese Sandwich</i>  | <i>Cheese Burger</i><br>Italian Chicken Wrap  | <i>Cheese Pizza</i><br><i>Turkey &amp; Cheese Hoagie</i>   |
|  | SALAD: Chef Salad<br><i>General Chicken</i>   | SALAD: Crispy Chicken<br><i>Fish Sticks</i>  | SALAD: Grilled Chicken<br><i>Chicken Lomein</i>   | SALAD: Taco Salad  |
|  | BREAKFAST   | BREAKFAST  | BREAKFAST   | BREAKFAST  |
|  | <i>Donut</i><br><i>Pancake on a Stick</i><br>Assorted Low Sugar Cereal<br>Fruit, Juice or Milk              | <i>Scrambled Eggs &amp; Ham</i><br><i>Banana Nut Muffin</i><br>Assorted Low Sugar Cereal<br>Fruit, Juice or Milk | <i>Breakfast Burrito</i><br><i>Blueberry Muffin</i><br>Assorted Low Sugar Cereal<br>Fruit, Juice or Milk        | <i>French Toast Sticks</i><br><i>Yogurt Parfait</i><br>Assorted Low Sugar Cereal<br>Fruit, Juice or Milk                                       |
| MONDAY - 22  | TUESDAY - 23  | WEDNESDAY - 24   | THURSDAY - 25   | FRIDAY - 26  |
| <i>Beef Stroganoff</i><br><i>over Noodles</i>  | <i>Chicken Strips</i><br><i>w/Mashed potatoes &amp; Gravy</i>   | <i>Chicken, Cheese &amp; Rice Casserole</i>  | <i>Pepperoni Pizza</i><br><i>Sausage Pizza</i>  | <i>Smothered Chicken Patty</i><br><i>w/ Rice</i>   |
| VEGETABLE:<br>Normandy Mix Vegetables<br>Tator Tots  | VEGETABLE:<br>Corn<br>Ranch Style Beans   | VEGETABLE:<br>Steamed Broccoli<br>Green Beans  | VEGETABLE:<br>Tossed Salad<br>Corn on the Cob   | VEGETABLE:<br>Glazed Carrots<br>Potato Wedges  |
| <i>Diced Pineapple</i><br><i>Assorted Fresh Fruit</i>  | <i>Sliced Pears</i><br><i>Assorted Fresh Fruit</i>  | <i>Fruit Cocktail</i><br><i>Assorted Fresh Fruit</i>   | <i>Diced Peaches</i><br><i>Assorted Fresh Fruit</i>   | <i>Cinnamon Apple Sauce</i><br><i>Assorted Fresh Fruit</i>   |
| <i>Chicken Burrito</i><br><i>Hamburger</i>   | <i>Country Steak Sandwich</i><br><i>Spaghetti W/ Meat sauce</i>   | <i>Twin Chicken Tacos</i><br><i>Corn Dog</i>   | <i>Cheese Pizza</i><br><i>Turkey &amp; Cheese Hoagie</i>  | <i>BbQ Beef Sandwich</i><br><i>Italian Chicken Wrap</i>  |
| SALAD: Crispy Chicken<br><i>Chicken Spaghetti</i>  | SALAD: Chef Salad<br><i>Cheese Quesadilla</i>   | SALAD: Grilled Chicken<br><i>Orange Chicken</i>  | SALAD: Taco Salad   | SALAD: Chef Salad<br><i>Fish Sticks</i>  |
| BREAKFAST  | BREAKFAST   | BREAKFAST  | BREAKFAST   | BREAKFAST  |
| <i>Donut Holes</i><br><i>Chicken Biscuit</i><br>Assorted Low Sugar Cereal<br>Fruit, Juice or Milk  | <i>Scrambled Eggs &amp; Ham</i><br><i>Poptart</i><br>Assorted Low Sugar Cereal<br>Fruit, Juice or Milk      | <i>Sausage Biscuit</i><br><i>Banana Nut Muffin</i><br>Assorted Low Sugar Cereal<br>Fruit, Juice or Milk          | <i>Breakfast Tacos</i><br><i>Donuts</i><br>Assorted Low Sugar Cereal<br>Fruit, Juice or Milk                    | <i>French Toast Sticks</i><br><i>Blueberry Muffin</i><br>Assorted Low Sugar Cereal<br>Fruit, Juice or Milk                                     |
| West ISD Food Services 801 N. Reagan St. West, TX 76691 (254)826-7504  |   |  |   | Sweet Treats:  |
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| Juice, *1% white, 1% chocolate & skim milk will be offered during meal service   |   |  |   |  |
| Fruit and toast will be offered with Breakfast. Additional fruit, vegetables and bread will be offered with Lunch.   |   |  |   |  |
| Paid Breakfast \$1.25 Reduced Breakfast \$.30 Adult Breakfast \$1.50<br>Paid Lunch \$2.25, Reduced Lunch \$.40, Adult Lunch \$3.00   |   |  |   |  |