

Harvest of the Month:



Please notify your server of food allergies.



Vegetarian options are available daily; please let us know if you have any special requests!



# ARLINGTON PUBLIC SCHOOLS

FEBRUARY 2019

ARLINGTON HIGH SCHOOL

LUNCH: \$3.00

MILK ONLY: \$0.70



## Go Patriots!

				FRIDAY	1
				Baked breaded mozzarella cheese sticks, breadstick Marinara sauce sweet peas Fresh apple slices	
MONDAY	4	TUESDAY	5	WEDNESDAY	6
Bacon cheeseburger, lettuce, tomato and pickle cup, spicy baked fries, mandarin oranges		Baked ziti with meat sauce and cheese Garlic bread stick Caesar salad Fresh fruit		Chicken burrito stuffed with rice & beans, lettuce, tomato corn & black bean salad, fruit cup	
MONDAY	11	TUESDAY	12	WEDNESDAY	13
Popcorn chicken bowl, sweet corn, mashed potatoes and gravy, Fresh fruit		Homemade pizza sticks with marinara, tossed garden salad Celery sticks & hummus Melon cup		Grilled cheese panini, baked Lays Chips butternut squash soup Pineapple cubes	
MONDAY	18	TUESDAY	19	WEDNESDAY	20
Bacon cheeseburger, lettuce, tomato and pickle cup, spicy baked fries, mandarin oranges		Baked ziti with meat sauce and cheese Garlic bread stick Caesar salad Fresh fruit		Chicken burrito stuffed with rice & beans, lettuce, tomato corn & black bean salad, fruit cup	
MONDAY	25	TUESDAY	26	WEDNESDAY	27
Spaghetti & meatballs garlic toast Caesar salad Strawberry cup		Pancakes and syrup cup, sausage patty hash browns, warm spiced apples		Steak and cheese sub on WG roll, honey glazed carrots, baked onion rings, fresh fruit	
MONDAY	1	TUESDAY	2	WEDNESDAY	3
Bacon cheeseburger, lettuce, tomato and pickle cup, spicy baked fries, mandarin oranges		Baked ziti with meat sauce and cheese Garlic bread stick Caesar salad Fresh fruit		Chicken burrito stuffed with rice & beans, lettuce, tomato corn & black bean salad, fruit cup	
MONDAY	8	TUESDAY	9	WEDNESDAY	10
Popcorn chicken bowl, sweet corn, mashed potatoes and gravy, Fresh fruit		Homemade pizza sticks with marinara, tossed garden salad Celery sticks & hummus Melon cup		Grilled cheese panini, baked Lays Chips butternut squash soup Pineapple cubes	
MONDAY	15	TUESDAY	16	WEDNESDAY	17
Bacon cheeseburger, lettuce, tomato and pickle cup, spicy baked fries, mandarin oranges		Baked ziti with meat sauce and cheese Garlic bread stick Caesar salad Fresh fruit		Chicken burrito stuffed with rice & beans, lettuce, tomato corn & black bean salad, fruit cup	
MONDAY	22	TUESDAY	23	WEDNESDAY	24
Popcorn chicken bowl, sweet corn, mashed potatoes and gravy, Fresh fruit		Homemade pizza sticks with marinara, tossed garden salad Celery sticks & hummus Melon cup		Grilled cheese panini, baked Lays Chips butternut squash soup Pineapple cubes	
MONDAY	29	TUESDAY	30	WEDNESDAY	31
Bacon cheeseburger, lettuce, tomato and pickle cup, spicy baked fries, mandarin oranges		Baked ziti with meat sauce and cheese Garlic bread stick Caesar salad Fresh fruit		Chicken burrito stuffed with rice & beans, lettuce, tomato corn & black bean salad, fruit cup	



## Have a Safe and Relaxing Break!

MONDAY	25	TUESDAY	26	WEDNESDAY	27	THURSDAY	28
Spaghetti & meatballs garlic toast Caesar salad Strawberry cup		Pancakes and syrup cup, sausage patty hash browns, warm spiced apples		Steak and cheese sub on WG roll, honey glazed carrots, baked onion rings, fresh fruit		BBQ Pork ribs on a WG roll, onion rings Potato salad, fresh veggie sticks Peaches and cream	



### Daily Alternates:

Deli Bar  
Salad Bar  
Pizza/Pasta  
Grab and go salads & sandwiches  
Assorted hot items

All Meals come with low-fat, non-fat, or non-fat chocolate milk



Lactaid milk is available.

Assorted fruits and veggies are available daily in addition to items listed.