

# Sioux Valley School District

## February 2019 MSHS Lunch Menu

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



\*Please\* remember to take at least ½ cup fruit & or veggies for a well balance meal

- 1**
- A. Beef Soft Shell Tacos
  - B. Cheeseburger
  - C. Canadian Bacon Pizza
  - D. Italian Sub
- Tater Tots

- 4**
- A. Grilled Cheese Sandwich
  - B. Pork Fritter Sandwich
  - C. 3 Meat Pizza
  - D. Turkey&Cheese Sub
- Baked Fries

- 5**
- A. Cheeseburger Mac
  - B. Chicken Nuggets
  - C. Pepperoni Pizza
  - D. Ham & Cheese Sub
- A&B. Bread  
Carrots

- 6**
- A. Super Mexi Tots w/Bread
  - B. Cheese Stuffed Breadsticks
  - C. Sausage Pizza
  - D. Cold Cut Sub
- California Blend Veggies

- 7**
- A. Chicken & Noodles
  - B. Beef Hot Dog on Bun
  - C. Canadian Bacon Pizza
  - D. Turkey & Cheese Wrap
- A. Dinner Roll  
Peas

- 8**
- Fresh Baked**
- A. Sausage Pizza
  - B. Cheese Pizza
  - C. Cheddar Chicken Sandwich
  - D. Italian Sub
- Corn

- 11**
- A. Chicken Drumstick w/Dinner Roll
  - B. Pulled Pork Sandwich
  - C. Cheese Pizza
  - D. Turkey&Cheese Sub
- Mashed Potatoes w/Gravy

- 12**
- A. White Goulash
  - B. Crispy Chicken Sandwich
  - C. Pepperoni&Sausage Pizza
  - D. Ham & Cheese Sub
- Corn

- 13**
- A. Cheese Ravioli w/Garlic Bread
  - B. Corn Dog
  - C. Canadian Bacon Pizza
  - D. Cold Cut Sub
- Broccoli

- 14**
- A. Tangerine Chicken w/Rice
  - B. Pork Rib Sandwich
  - C. Sausage Pizza
  - D. Chef Salad w/ Dinner Roll
- Stir Fry Veggies 

**15**

No School

**18**

No School

- 19**
- A. Mac n' Cheese
  - B. Corn Dog
  - C. Sausage Pizza
  - D. Chicken&Bean Taco Salad
- Carnival Cookie  
Sidekicks® Frozen Juice Cup

- 20**
- A. Chicken Nuggets w/Dinner Roll
  - B. Pulled Pork Sandwich
  - C. Three Meat Pizza
  - D. Cold Cut Sub
- Baked Beans

- 21**
- A. Nachos Grande w/ Rice
  - B. Meatballs w/ Gravy
  - C. Cheese Pizza
  - D. Turkey & Cheese Wrap
- A&B. Rice  
Corn

- 22**
- A. Goulash w/Dinner Roll
  - B. Crispy Chicken Sandwich
  - C. Canadian Bacon Pizza
  - D. Italian Sub
- Green Beans

- 25**
- A. Eggs w/ French Toast
  - B. Mini Corn Dogs
  - C. Cheeseburger Pizza
  - D. Turkey&Cheese Sub
- Tater Tots

- 26**
- A. Italian Dunkers
  - B. BBQ Meatball Sub
  - C. Stuffed Crust Pepperoni piz
  - D. Ham & Cheese Sub
- Green Beans

- 27**
- A. Sloppy Joe on Bun
  - B. Breaded Fish Sandwich
  - C. Canadian Bacon Pizza
  - D. Cold Cut Sub
- Baked Fries

- 28**
- A. Chili w/ Corn Chips
  - B. White Chicken Chili
  - C. Chicken Alfredo Pizza
  - D. Turkey & Cheese Wrap
- Cinnamon Roll  
Carrots

**National Chili Day 28<sup>th</sup>**

- Daily Lunch Menu Includes**
- Choice of A, B, C, or D Entrées
  - Unlimited Fresh Field Bar
  - Milk Choice: Strawberry Skim, Chocolate Skim and 1% White

- Meal Prices**
- Student Lunch 6-12: \$2.80
  - Reduced Lunch: \$.40
  - Adult Lunch: \$3.65
  - Extra Entrée: \$1.80
  - Extra Milk: \$.50

**Fill Up & Fuel Up Unlimited Fresh Field Bar**

Vegetables on the menu and on the fruit & vegetable bar meet or exceed all vegetable subgroup weekly requirements

