

FEBRUARY 2019 STAFF A LA CARTE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Asian Chicken Salad 370 cal \$4.00 Bacon & Cheese Crustless Quiche^{HM} 514 cal \$3.75 Small Spinach Salad w/ Dressing 119 cal \$2.75
4 BBQ^{HM} Chicken Drumstick w/ Green Beans 359 cal \$3.25 Baked Potato w/ Broccoli & Cheese^{HM} 427 cal \$2.80 Fruit & Cheese Smart Snack 317 cal \$2.80	5 BBQ^{HM} Beef Meatballs w/ Corn 384 cal \$2.80 Chicken & Veggie Lo Mein 466 cal \$3.25 Co-Jack & Salsa Smart Snack 366 cal \$2.80	6 Taco Cheese Puff^{HM} 419 cal \$2.55 Deviled Eggs^{HM} & Veggies 316 cal \$2.55 Small Tossed Salad w/ Dressing 59 cal \$2.75	7 Chicken Caesar Salad 340 cal \$4.00 Spinach & Cheese Crustless Quiche^{HM} 474 cal \$3.75 Fresh Veggie Sticks w/ Ranch Dip 118 cal \$2.55	8 Philly Steak & Cheese^{HM} Dippers 455 cal \$3.25 California Chef Salad w/ Turkey 385 cal \$4.00 Small Spinach Salad w/ Dressing 119 cal \$2.75
11 Pasta w/ Meat Sauce^{HM} 383 cal \$2.80 Baked Potato w/ Chicken, Broccoli & Cheese^{HM} 507 cal \$3.25 Fruit & Cheese Smart Snack 317 cal \$2.80	12 Macaroni & Cheese^{HM} 382 cal \$2.80 Vegan Chili^{HM} w/ WG Chips 416 cal \$2.55 Co-Jack & Salsa Smart Snack 366 cal \$2.80	13 Taco Salad^{HM} 426 cal \$4.00 Deviled Eggs^{HM} & Veggies 316 cal \$2.55 Small Tossed Salad w/ Dressing 59 cal \$2.75	14 Chicken Parmesan^{HM} w/ Pasta 414 cal \$3.25 BBQ^{HM} Chicken Drumstick w/ Green Beans 359 cal \$3.25 Fresh Veggie Sticks w/ Ranch Dip 118 cal \$2.55	15 Asian Chicken Salad 370 cal \$4.00 Bacon & Cheese Crustless Quiche^{HM} 514 cal \$3.75 Small Spinach Salad w/ Dressing 119 cal \$2.75
18 NO SCHOOL	19 BBQ^{HM} Chicken Drumstick w/ Green Beans 359 cal \$3.25 Baked Potato w/ Broccoli & Cheese^{HM} 427 cal \$2.80 Fruit & Cheese Smart Snack 317 cal \$2.80	20 BBQ^{HM} Beef Meatballs w/ Corn 384 cal \$2.80 Chicken & Veggie Lo Mein 466 cal \$3.25 Co-Jack & Salsa Smart Snack 366 cal \$2.80	21 Chicken Caesar Salad 340 cal \$4.00 Spinach & Cheese Crustless Quiche^{HM} 474 cal \$3.75 Fresh Veggie Sticks w/ Ranch Dip 118 cal \$2.55	22 Philly Steak & Cheese^{HM} Dippers 455 cal \$3.25 California Chef Salad w/ Turkey 385 cal \$4.00 Small Spinach Salad w/ Dressing 119 cal \$2.75
25 Pasta w/ Meat Sauce^{HM} 383 cal \$2.80 Baked Potato w/ Chicken, Broccoli & Cheese^{HM} 507 cal \$3.25 Fruit & Cheese Smart Snack 317 cal \$2.80	26 Macaroni & Cheese^{HM} 382 cal \$2.80 Vegan Chili^{HM} w/ WG Chips 416 cal \$2.55 Co-Jack & Salsa Smart Snack 366 cal \$2.80	27 Chicken Caesar Salad 340 cal \$4.00 Deviled Eggs^{HM} & Veggies 316 cal \$2.55 Small Tossed Salad w/ Dressing 59 cal \$2.75	28 Southwest Turkey Chef Salad 270 cal \$4.00 Grilled Cheese & Tomato on Rye 294 cal \$2.55 Fresh Veggie Sticks w/ Ranch Dip 118 cal \$2.55	