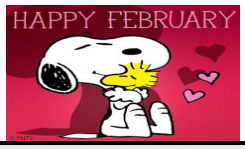
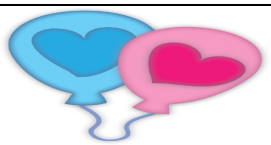



# SCHUYLKILL HAVEN AREA SCHOOL DISTRICT
## BREAKFAST & LUNCH MENU
## February 2019



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **28**<br>BREAKFAST<br>Fruit Mini-Muffin<br>Whole Grain Cereal<br>Fresh Fruit or Juice<br>Milk<br>LUNCH<br>A. Hot Dog<br>B. Tuna on Roll<br>C. P.B. & Jelly<br>Baked Beans<br>Sauerkraut<br>Mashed Potatoes<br>Applesauce<br>Orange | **29**<br>BREAKFAST<br>Egg & Cheese Omelet<br>Fresh Fruit or Juice<br>Milk<br>LUNCH<br>A. Chicken Parmasan<br>B. Tuna on Roll<br>C. P.B. & Jelly<br>Peas<br>Buttered Pasta<br>Celery<br>Apple<br>Fruit Juice | **30**<br>BREAKFAST<br>Bagel<br>Yogurt<br>Fresh Fruit or Juice<br>Milk<br>LUNCH<br>A. Shepards Pie<br>B. Tuna on Roll<br>C. P.B. & Jelly<br>Green Beans<br>Roll w/spread<br>Peaches<br>Banana | **31**<br>BREAKFAST<br>Mini-Waffles<br>Fresh Fruit or Juice<br>Milk<br>LUNCH<br>A. Turkey&Gravy Sandwich<br>B. Tuna on Roll<br>C. P.B. & Jelly<br>Corn<br>Cranberry Sauce<br>Strawberry Cup | **1**<br>BREAKFAST<br>Breakfast Grabbers<br>Fresh Fruit<br>Milk<br>LUNCH<br>A. Pizza(school made)<br>B. Tuna on Roll<br>C. P.B. & Jelly<br>Carrots<br>Salad<br>Pineapples<br>Grapes |
| **4**<br>BREAKFAST<br>Cinni Mini Bun<br>Fresh Fruit or Juice<br>Milk<br>LUNCH<br>A. Chicken Strips/Roll<br>B. Chili w/roll<br>C. P.B. & Jelly<br>Green Beans<br>Mashed Potatoes<br>Mixed Fruit<br>Yogurt | **5**<br>BREAKFAST<br>Pancakes<br>Fresh Fruit or Juice<br>Milk<br>LUNCH<br>A. Meatball Hoagie<br>B. Chili w/roll<br>C. P.B. & Jelly<br>Sweet Potato Fries<br>Romaine Salad - Tomatoes<br>Clementine<br>Pears | **6**<br>BREAKFAST<br>Pop Tart<br>Whole Grain Cereal<br>Fresh Fruit or Juice<br>Milk<br>LUNCH<br>A. Pop-Corn Chicken<br>B. Chili w/roll<br>C. P.B. & Jelly<br>Peas<br>Rice<br>Cucumber Slices<br>Pineapples<br>Grapes | **7**<br>BREAKFAST<br>Nutri-Grain Bar<br>Fresh Fruit or Juice<br>Milk<br>LUNCH<br>A. Ham Sub<br>B. Chili w/roll<br>C. P.B. & Jelly<br>Lettuce Tomato Cup<br>Baked Chips<br>Carrots<br>Mandarin Oranges<br>Peaches | **8**<br>BREAKFAST<br>Breakfast Grabbers<br>Fresh Fruit<br>Milk<br>LUNCH<br>A. Mozzarella Bread Sticks<br>B. Chili w/roll<br>C. P.B. & Jelly<br>Celery w/Dip<br>Tomato Soup<br>Banana<br>Applesauce |
| **11**<br>Bagel<br>Yogurt<br>Fresh Fruit or Juice<br>Milk<br>LUNCH<br>A. French Toast Sticks<br>B. Hot Dog<br>C. P.B. & Jelly<br>Hash Brown<br>Baby Carrots<br>Juice Cup<br>Banana | **12**<br>BREAKFAST<br>Fruit Pancakes<br>Fresh Fruit or Juice<br>Milk<br>LUNCH<br>A. Chicken Pattie<br>B. Hot Dog<br>C. P.B. & Jelly<br>Potato Fries<br>Bean Salad<br>Lettuce Tomato Cup<br>Oranges<br>Applesauce | **13**<br>BREAKFAST<br>French Toast Waffle<br>Fresh Fruit or Juice<br>Milk<br>LUNCH<br>A. Cheese Burger<br>B. Hot Dog<br>C. P.B. & Jelly<br>Potato Fries<br>Lettuce-Tomato Cup<br>Celery<br>Banana<br>Peaches | **14**<br>BREAKFAST<br>Graham Crackers<br>Yogurt<br>Fresh Fruit or Juice<br>Milk<br>LUNCH<br>A. Beef Taco<br>B. Hot Dog<br>C. P.B. & Jelly<br>Salsa - Cheese<br>Soft Pretzel-Refried Beans<br>Lettuce Tomato Cup<br>Grapes<br>Sherbet | **15**<br>BREAKFAST<br>Breakfast Grabbers<br>Fresh Fruit<br>Milk<br>LUNCH<br>A. Macaroni & Cheese<br>B. Hot Dog<br>C. P.B. & Jelly<br>Green Beans<br>Stewed Tomatoes<br>Apple Slices<br>Pineapples |
| **18**<br>BREAKFAST<br>President's Day<br>School Closed | **19**<br>BREAKFAST<br>Chocolate Chip Waffle<br>Fresh Fruit or Juice<br>Milk<br>LUNCH<br>A. Ham & Cheese Pretzel roll<br>B. Pizza<br>C. P.B. & Jelly<br>Potato Tots<br>Celery & Carrots w/Dip<br>Banana<br>Apple Slices | **20**<br>BREAKFAST<br>Whole Grain Cereal<br>Mini Muffin<br>Fresh Fruit or Juice<br>Milk<br>LUNCH<br>A. Pasta w/meatsauce<br>B. Pizza<br>C. P.B. & Jelly<br>Cucumbers<br>Garbanzo Beans<br>Romaine Salad<br>Mandarin Oranges<br>Pears | **21**<br>BREAKFAST<br>Breakfast Pizza<br>Fresh Fruit or Juice<br>Milk<br>LUNCH<br>A. Turkey Sub<br>B. Pizza<br>C. P.B. & Jelly<br>Lettuce Tomato Cup<br>Baked Sun Chips<br>Baby Carrots<br>Applesauce<br>Peaches | **22**<br>BREAKFAST<br>Breakfast Grabbers<br>Fresh Fruit<br>Milk<br>LUNCH<br>A. Toasted Cheese<br>B. Pizza<br>C. P.B. & Jelly<br>Soup or Veggie Cup<br>Celery w/Dip<br>Tropical Fruit<br>Grapes<br>Fruit Sherbet |

Breakfast..... $1.10
Breakfast (Reduced)... $0.30
Lunch (Reduced)..... $0.40

LUNCH
Elementary..... $2.35
Middle School..... $2.45
High School..... $2.65

*MENUS SUBJECT TO CHANGE AS REQUIRED.
Choice of fresh fruits, salads and vegetables daily
Choice of 1%, chocolate and skim milk available daily