



MENUS FOR FEBRUARY 2010

Arlington Public Schools Secondary Menu

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Available Daily

A variety of skim and low fat milk, bottled water, 100% fruit juice, fresh fruit, chef salads, yogurt, deli sandwiches, ww peanut butter & jelly uncrustable, and hummus/ string cheese w/ pita bread.

*May contain pork

Featured Specials

Monday, February 1
Cheese Quesadilla,
Baby Carrots with Dip,
Granny Smith Apple,
Refried Beans, Lettuce, Tomato, Pickle

Tuesday, February 2
Chicken Nuggets,
Pizza Dippers/Marinara Sauce,
Mashed Potatoes with Gravy,
Fresh Pear, Fresh Vegetables/Dip

Wednesday, February 3
Macaroni & Cheese w/Roll,
Turkey & Cheese Sandwich
Cauliflower with Dip,
Chilled Peaches,
Red Delicious Apple, Green Beans

Thursday, February 4
Middle School/ High School Early Release
Cheeseburger on WW Bun,
**Morning Star Veggie Burger
on WW Bun**
Corn, Fresh Grapefruit
Raisins

Friday, February 5
Hot Turkey Ham and Cheese Sandwich,
Soft Beef Taco, Rice
Celery Sticks w/Peanut Butter,
Oven Baked Fries, Chilled Pineapple

Featured Specials

Monday, February 8
Two Turkey Hot Dogs,
Chili with Baked Chips,
Baked Beans, Tater Tots, Oranges Wedges

Tuesday, February 9
Beef Teriyaki Bites,
Turkey Sub Sandwich
Chilled Pears, Granny Smith Apple,
Tossed Salad, Rice, Broccoli

Wednesday, February 10
Spaghetti with Meat Sauce/ Roll,
Toasted Cheese Sandwich,
Green Beans, Tossed Salad,
Orange Wedges w/Kiwi

Thursday, February 11
Taco Pie,
Lettuce and Tomato, Fresh Grapes
Steamed Broccoli, Applesauce,

Friday, February 12
*Pork Egg Roll,
Baby Carrots w/Dip, Garden Salad,
Fresh Apple, Chilled Peaches, Rice
**Chinese New Year on February 14
Year of the Tiger**

Bold= Vegetarian Entrée
**Menu subject to change due to
availability of foods and Emergency
School closings**

Featured Specials

Monday, February 15



Presidents' Day
No School Today



Tuesday, February 16
Fish Hoagie,
Cheeseburger on WW Bun
Baby Carrots w/Dip, Oven Fries,
Lettuce and Tomato, Chilled Peaches

Wednesday, February 17
Bean and Cheese Burrito,
Rice, Fresh Grapes, Corn
Lettuce, Tomato, Pickle

Thursday, February 18
Vegetarian Hot Pocket,
Turkey Pot Pie,
Chilled Pears, Green Beans, Orange Wedges,
Lettuce, Tomato, Pickle

Friday, February 19
Ling's Teriyaki Chicken with Rice,
Mandarin Oranges, Broccoli,
Chilled Pineapple,
Lettuce, Tomato, Pickle

Offered Daily:
Whole Wheat Cheese Pizza
Chicken Patty on WW Bun
PBJ Sandwich
Hummus & String Cheese with Pita
Vegetarian Chef Salad

Featured Specials

Monday, February 22

Cheese Quesadilla,
Baby Carrots with Dip,
Granny Smith Apple,
Refried Beans, Lettuce, Tomato, Pickle

Tuesday, February 23

Pizza Dippers/Marinara Sauce,
Turkey & Cheese Sandwich
Green Beans,
Fresh Pear, Fresh Vegetables/Dip

Wednesday, February 24

**** New Item!** Oven Fried Catfish,
Macaroni & Cheese w/Roll,
Coleslaw, Mixed Vegetables,
Chilled Peaches, Red Delicious Apple

Thursday, February 25

Cheeseburger on WW Bun,
Morning Star Veggie Burger
on WW Bun
Oven Baked Fries, Fresh Grapefruit
Raisins

Friday, February 26

Taco Pie,
Refried Beans, Lettuce and Tomato,
Celery Sticks w/Peanut Butter, Corn,
Orange Wedges



Offered Daily with Fruit Juice and Milk

Monday– Bagel with Cream Cheese
Tuesday– Hot, Creamy, Oatmeal with Raisins
Wednesday– Egg Patty on Biscuit
Thursday– Pancake and *Sausage on a Stick
Friday– Whole Wheat Cinnamon Roll

Choice of cereal available daily

Prices

| Price Level | BREAKFAST | LUNCH |
|---------------|-----------|--------|
| Elementary | \$1.30 | \$2.50 |
| Secondary | \$1.30 | \$2.60 |
| Reduced-Price | \$0.30 | \$0.40 |
| Adult | \$2.25 | \$3.25 |
| Milk | \$0.55 | \$0.55 |

