

FEBRUARY 2010

SCHOOL DISTRICT 27J MIDDLE SCHOOL MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 French Toast Sticks w/ syrup</p> <p>Shrimp Poppers w/rice, Beef and Bean Burrito, Chicken Sandwich</p> <p>PBJ, R.B. Wraps, Fresh Fruit and Yogurt</p> <p>Fresh Veggies, California vegetables, Assorted Fruit</p>	<p>2 Fruit and Yogurt Parfait</p> <p>Oven Baked Chicken w/ roll, Quesadilla, Grilled Cheese</p> <p>PBJ, Spicy Chicken Wrap, Ham Salad</p> <p>Fresh Veggies, Mashed Potatoes, Assorted Fruit</p>	<p>3 Biscuits and Gravy</p> <p>Hot Pocket, Bean and Cheese Burrito, Sloppy Joes</p> <p>PBJ, Chicken Salad, Ham Wrap</p> <p>Fresh Veggies, Green Beans, Assorted Fruit</p>	<p>4 Breakfast Burrito</p> <p>Nachos Deluxe w/roll, Chili w/tortilla, Spicy Chicken Sandwich</p> <p>PBJ, Chicken Ranch Wrap, Fresh Fruit and Yogurt</p> <p>Fresh Veggies, Mixed Vegetables, Assorted Fruit</p>	<p>5 Cinnamon Toast</p> <p>Pizza, Hot Ham and Cheese, Hamburger</p> <p>PBJ, R.B. or Turkey Wraps, Spicy Chicken Salad</p> <p>Fresh Veggies, Broccoli, Assorted Fruit</p>
<p>8 Waffles w/ syrup</p> <p>Chicken Fried Steak w/ roll, Rib B Que, Pizzatas w/ marinara</p> <p>PBJ, Chicken Salad Wrap, Turkey Salad</p> <p>Fresh Veggies, Mashed Potatoes, Assorted Fruit</p>	<p>9 Applesauce Muffin and Yogurt</p> <p>Tamales w/ Green Chile, Pizza, Chicken Nuggets</p> <p>PBJ, Spicy Chicken Salad, Fresh Fruit and Yogurt</p> <p>Fresh Veggies, Broccoli, Assorted fruit</p>	<p>10 Egg Breakfast Sandwich</p> <p>Straw Hats w/ roll, Grilled Cheese, Spicy Chicken Sandwich</p> <p>PBJ, R.B. Wrap, Asian Chicken Salad</p> <p>Fresh Veggies, Corn, Assorted Fruit</p>	<p>11 Fruited Churro w/ Toast</p> <p>Early Release</p>	<p>12</p> <p>No School</p>
<p>15</p> <p>No School</p>	<p>16 Pancakes w/ syrup</p> <p>Chicken Fajitas, Hot Ham and Cheese, Pizzatas w/ marinara</p> <p>PBJ w/roll, Spicy Chicken Salad, Ham Wrap</p> <p>Fresh Veggies, Corn, Assorted Fruit</p>	<p>17 Sausage Breakfast Sandwich</p> <p>Pot Roast w/ roll, Bean and Cheese Burrito, Chicken Nuggets</p> <p>PBJ w/roll, Spicy Chicken Wrap, Fresh fruit and yogurt</p> <p>Fresh Veggies, Mashed Potatoes, Assorted Fruit</p>	<p>18 Bageler</p> <p>Tostada w/ roll, Cheeseburger, Chicken Sandwich</p> <p>PBJ w/ roll, Turkey Wrap, Ham Salad</p> <p>Fresh Veggies, Broccoli, Assorted Fruit</p>	<p>19 Applesauce Muffin and Yogurt</p> <p>Pizza, Grilled Cheese, Spicy Chicken Sandwich</p> <p>PBJ w/ roll, Chicken Ranch Wrap, Taco Salad</p> <p>Fresh Veggies, Peas, Assorted Fruit</p>
<p>22 French Toast Sticks w/ syrup</p> <p>Shrimp Poppers w/rice, Beef and Bean Burrito, Chicken Sandwich</p> <p>PBJ, R.B. Wraps, Fresh Fruit and Yogurt</p> <p>Fresh Veggies, California vegetables, Assorted Fruit</p>	<p>23 Fruit and Yogurt Parfait</p> <p>Oven Baked Chicken w/ roll, Quesadilla, Grilled Cheese</p> <p>PBJ, Spicy Chicken Wrap, Ham Salad</p> <p>Fresh Veggies, Mashed Potatoes, Assorted Fruit</p>	<p>24 Biscuits and Gravy</p> <p>Hot Pocket, Bean and Cheese Burrito, Sloppy Joes</p> <p>PBJ, Chicken Salad, Ham Wrap</p> <p>Fresh Veggies, Green Beans, Assorted Fruit</p>	<p>25 Breakfast Burrito</p> <p>Nachos Deluxe w/roll, Chili w/tortilla, Spicy Chicken Sandwich</p> <p>PBJ, Chicken Ranch Wrap, Fresh Fruit and Yogurt</p> <p>Fresh Veggies, Mixed Vegetables, Assorted Fruit</p>	<p>26 Cinnamon Toast</p> <p>Pizza, Hot Ham and Cheese, Hamburger</p> <p>PBJ, R.B. or Turkey Wraps, Spicy Chicken Salad</p> <p>Fresh Veggies, Broccoli, Assorted Fruit</p>