

**FEBRUARY 2012
DWIGHT TOWNSHIP
HIGH SCHOOL DISTRICT 230
LUNCH MENU**



Make Choices for a Healthy lifestyle!



Chicken Sandwich or Cheeseburger offered Daily as the Plate Lunch!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Lunch \$1.85
Milk \$.55**

6 Creamy Mac & Cheese
Whole Kernel Corn
Rosy Applesauce
Bread Slice

7 Italian Chicken Wrap
100 % Apple Juice
Mixed Veggies

8 Salisbury Steak w/Bread Slice
Whipped Potatoes w/Gravy
Carrot Coins

9 Pasta w/Meat Sauce & Garlic Bread
Garden Salad w/Dressing
Sweet Pears

10 Loaded Potato Sticks
Seasoned Green Beans
100% Apple Juice

13 Beef Ravioli & Garlic Bread
Garden Salad w/Dressing
Cinnamon Applesauce

14 Beef & Noodles
Seasoned Green Beans
100% Fruit Punch

15 Ranch Chicken Wrap
Whole Kernel Corn
Sweet Pears

16 Scalloped Potatoes w/Ham*
Fresh Orange Wedges
Garden Peas

17 **11am Dismissal**

20 NO SCHOOL

21 Chicken Nuggets w/Bread Slice
Whipped Potatoes w/Gravy
Seasoned Green Beans

22 Cheese Quesadilla
Mexicali Corn
100% Pineapple Juice

23 Italian Chicken Wrap
Garden Salad w/Dressing
Orange Wedges

24 Cheesy Garlic Flatbread
Glazed Carrots
Diced Peaches

27 BBQ Rib* Sandwich
Seasoned Green Beans
Orange Wedges

28 Loaded Potato Sticks
Diced Peaches
100% Apple Juice

29 Beef & Noodles
Garden Peas
100% Fruit Punch

PLEASE NOTE

Menu changes may be necessary. Notice will be given when possible.
1% and fat free milk offered daily. *Contains pork

