

# Breakfast Menu for Metcalfe High & Middle

# February 2017

Student Price: **No Charge**, Adult Price: \$1.75

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breakfast Pizza (24g) <b>G</b> Yogurt (19g) Cereals (24g) <b>G</b> 100% Fruit Juice(13g) Seasonal Fresh Fruit	2 Cinnamon Toast (45g) <b>G</b> Yogurt (19g) Cereals (24g) <b>G</b> 100% Fruit Juice (13g) Seasonal Fresh Fruit	3 Glazed Donut (36g) Yogurt (19g) Cereals (24g) <b>G</b> 100% Fruit Juice (13g) Seasonal Fresh Fruit
6 Sausage/Biscuit/Gravy (27g) <b>G</b> Yogurt (19g) Cereals (24g) <b>G</b> 100% Fruit Juice (13g) Seasonal Fresh Fruit	7 Chicken Biscuit (32g) <b>G</b> Yogurt (19g) Cereals (24g) <b>G</b> 100% Fruit Juice (13g) Seasonal Fresh Fruit	8 Breakfast Pizza (24g) <b>G</b> Yogurt (19g) Cereals (24g) <b>G</b> 100% Fruit Juice(13g) Seasonal Fresh Fruit	9 Cinnamon Toast (45g) <b>G</b> Yogurt (19g) Cereals (24g) <b>G</b> 100% Fruit Juice (13g) Seasonal Fresh Fruit	10 Glazed Donut (36g) Yogurt (19g) Cereals (24g) <b>G</b> 100% Fruit Juice (13g) Seasonal Fresh Fruit
13 Sausage/Biscuit/Gravy (27g) <b>G</b> Yogurt (19g) Cereals (24g) <b>G</b> 100% Fruit Juice (13g) Seasonal Fresh Fruit	14 Chicken Biscuit (32g) <b>G</b> Yogurt (19g) Cereals (24g) <b>G</b> 100% Fruit Juice (13g) Seasonal Fresh Fruit	15 Breakfast Pizza (24g) <b>G</b> Yogurt (19g) Cereals (24g) <b>G</b> 100% Fruit Juice(13g) Seasonal Fresh Fruit	16 Cinnamon Toast (45g) <b>G</b> Yogurt (19g) Cereals (24g) <b>G</b> 100% Fruit Juice (13g) Seasonal Fresh Fruit	17 Glazed Donut (36g) Yogurt (19g) Cereals (24g) <b>G</b> 100% Fruit Juice (13g) Seasonal Fresh Fruit
20 Sausage/Biscuit/Gravy (27g) <b>G</b> Yogurt (19g) Cereals (24g) <b>G</b> 100% Fruit Juice (13g) Seasonal Fresh Fruit	21 Chicken Biscuit (32g) <b>G</b> Yogurt (19g) Cereals (24g) <b>G</b> 100% Fruit Juice (13g) Seasonal Fresh Fruit	22 Breakfast Pizza (24g) <b>G</b> Yogurt (19g) Cereals (24g) <b>G</b> 100% Fruit Juice(13g) Seasonal Fresh Fruit	23 Cinnamon Toast (45g) <b>G</b> Yogurt (19g) Cereals (24g) <b>G</b> 100% Fruit Juice (13g) Seasonal Fresh Fruit	24 Glazed Donut (36g) Yogurt (19g) Cereals (24g) <b>G</b> 100% Fruit Juice (13g) Seasonal Fresh Fruit
27 Sausage/Biscuit/Gravy (27g) <b>G</b> Yogurt (19g) Cereals (24g) <b>G</b> 100% Fruit Juice (13g) Seasonal Fresh Fruit	28 Chicken Biscuit (32g) <b>G</b> Yogurt (19g) Cereals (24g) <b>G</b> 100% Fruit Juice (13g) Seasonal Fresh Fruit			

\*1% White Milk or Flavored Skim Milk Available Daily. Whole Grain Strawberry, Chocolate or Cinnamon Pop Tarts are available daily.

**KEY TO ABBREVIATIONS**

**G = Whole Grain**

**g = Grams of Carbohydrates**

Meat/Meat alternatives are listed in bold type • Menu is subject to change due to availability of food items.

Seasonal fresh fruit may include apples (19g), bananas (23g), oranges (11g), or pears (19g).



USDA is an equal opportunity provider and employer.

# Lunch Menu for Metcalfe High & Middle

# February 2017

Student Price: **No Charge**, Adult Price: \$2.75

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Boneless Wings (6g) Manwich (36g) Baked Chips (19g) Veggies w/ Dip (10g) Fruit & Yogurt Parfait (32g) Fruit Selection	2 Extreme Nachos (29g) Salad Bar Side Salad w/ Dressing (10g) Chips & Salsa (20g) Refried Beans (29g) Fruit Selections	3 Veggie Soup (12g) Ham Sandwich (27g) Baked Potato Bar Baked Chips (19g) Veggie & Fruit Selections Fresh Baked Cookie (17g)
6 Pizza (35g)G Corn Dog (27g) G Side Salad (1g) Whole Kernel Corn (21g) Brownie (28g) Fruit Selections	7 Fish Sandwich (32g) G Turkey Sandwich (27g) Pinto Beans (19G) Corn Bread (32g) Cole Slaw (17g) Fruit Selections	8 Spicy Chicken Fillet w/ Bun (36g) Pork BBQ w/ Bun (34g) G Green Peas (10g) Mac & Cheese (42g) Broccoli Salad (16g) Fruit Selections	9 Pepperoni Calzone (35g) G Hot Ham & Cheese (28g) Whole Kernel Corn (21g) Side Salad (1g) Rice Krispy Square (22g) Fruit Selections	10 Chicken Noodle Soup (14g) Grilled Cheese (21g) G Hot Dog (22g) Baked Chips (19g) G Fruit Selections Mini Ice Cream Sandwich (17g)
13 Chicken Fingers (19g) Salisbury Steak (4g) Whole Kernel Corn (21g) Mashed Potatoes (17g) Green Beans (4g) Roll ( 22g) G Fruit Selections	14 Breakfast for Lunch OR Sandwich Bar Baked Chips Lettuce, Tomato, Pickle Fruit & Veggie Selections	15 General Tso's Chicken (26g) G Baked Potato Bar (32g) Fried Rice (35g) Egg Roll (22g ) G Fruit & Veggie Selections	16 Cheese Breadsticks (30g)G Rib Patty (29g) G Marinara Sauce (1g) Side Salad w/ Dressing (10g) Baked Chips (19g) Fruit Selections Brownie	17 Chili (16g) Grilled Cheese (21g) G Hot Dog w/ Bun (22g) G Baked Chips (19g) Fruit Selections Fresh Baked Cookie (17g)
20 Hamburger w/ Bun (23g) G Sub Sandwiches (33g) G Seasoned Curly Fries (18g) Baked Beans (32g) Chocolate Chip Cookie (18g) Fruit Selections	21 2 Chicken Fajitas (32g) Salad Bar Sour Cream (4g) & Cheese (1g) Refried Beans (16g) Chips & Salsa (20g) Side Salad (1g) Fruit Selections	22 Boneless Wings (6g) Manwich (36g) Baked Chips (19g) Veggies w/ Dip (10g) Fruit & Yogurt Parfait (32g) Fruit Selection	23 Extreme Nachos (29g) Salad Bar Side Salad w/ Dressing (10g) Chips & Salsa (20g) Refried Beans (29g) Fruit Selections	24 Veggie Soup (12g) Ham Sandwich (27g) Baked Potato Bar Baked Chips (19g) Veggie & Fruit Selections Fresh Baked Cookie (17g)
27 Pizza (35g)G Corn Dog (27g) G Side Salad (1g) Whole Kernel Corn (21g) Brownie (28g) Fruit Selections	28 Fish Sandwich (32g) G Turkey Sandwich (27g) Pinto Beans (19G) Corn Bread (32g) Cole Slaw (17g) Fruit Selections			

\*1% White Milk or Flavored Skim Milk Available Daily

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Assorted fresh fruit may include apples (19g), bananas (23g), oranges (11g), or pears (19g).

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