



# Haven High & Middle School Lunch Menus



February 2010

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
01 <u>Muffins</u> Crispitos, lettuce & cheese, salsa, Spanish rice, corn, mixed fruit, milk	02 French Toast Sticks Lasagna cheese roll-ups, garlic bread, tossed salad, juice, milk	03 Teriyaki chicken, baked potato, broccoli, sour cream & chives dip, bacon bits, cheese, orange halves, rolls, milk	04 Steak fingers, mashed potatoes, gravy, spinach, applesauce, rolls, milk	05 <u>Biscuits &amp; Sausage Gravy</u> Ham or turkey wraps, lettuce & tomatoes, onions & cheese, ranch dressing, pineapple slices, potato salad, milk
08 Spaghetti w/meat sauce, cheese breadstick, tossed salad, tropical fruit, milk	09 Taco burger, lettuce & cheese, salsa, Mexican corn, strawberries & bananas, milk	10 Chicken & noodles, mashed potatoes, green beans, pear halves, rolls, milk	11 Barbequed beef on a bun, French fries, coleslaw, banana halves, cookie, milk	12 <u>Biscuits &amp; Sausage Gravy</u> Sweet & sour chicken, rice, celery sticks, baby carrots, cucumber slices, pineapple slices, Valentine's cake, milk
15 Pasta bake, green beans, peach halves, blonde brownies, milk	16 Chicken strip wraps, lettuce & tomato, cheese, ranch dressing, flame-roasted apples, cauliflower w/cheese, milk	17 Cheese pizza, tossed salad, cucumber slices, baby carrots, broccoli, sherbet, milk	18 Oven fried chicken, mashed potatoes, gravy, corn on the cob, jell-o w/fruit, rolls, milk	19 <u>Biscuits &amp; Sausage Gravy</u> Cheeseburgers, lettuce & tomatoes, pickles & onions, French fries, mandarin oranges, milk
22 Ham & scalloped potatoes, pineapple slices, green beans, rolls, milk	23 Taco salad, corn chips, salsa, lettuce & cheese, Mexican corn, pear halves, milk	24 Chicken patties, stuffing, peas, mashed potatoes, gravy, orange halves, rolls, milk	25 Chili, crackers, baby carrots, cucumber slices, peach halves, cinnamon rolls, milk	26 <u>Biscuits &amp; Sausage Gravy</u> Hot dogs, tater bucks, cauliflower w/cheese, applesauce, milk
				-Daily Breakfast includes: Juice or fruit, bread (grain) or cereal, meat or a protein item or a combination, milk