

**SHS CYCLE MENU**

<b>2/1</b>	<b>2/2</b>	<b>2/3</b>	<b>2/4</b>	<b>2/5</b>
<p align="center"><b><u>BREAKFAST</u></b> Bacon, Egg, &amp; Cheese on a crossiant Fruit Cup &amp; Fruit Juice</p> <p align="center"><b><u>LUNCH</u></b> Grilled Cheese Sandwich, Tomato Soup, Goldfish Crackers &amp; Fruit</p>	<p align="center"><b><u>BREAKFAST</u></b> Bagel, Cream Cheese, Jelly, Fruit Cup &amp; Fruit Juice</p> <p align="center"><b><u>LUNCH</u></b> Popcorn Chicken, Hash Brown Potatoes, Veggie &amp; Fruit</p>	<p align="center"><b><u>BREAKFAST</u></b> Cereal, Milk, Fruit Cup &amp; Fruit Juice</p> <p align="center"><b><u>LUNCH</u></b> All Beef Hot Dog on a Wheat Roll, Baked Potato Chips, Yogurt w/Fruit</p>	<p align="center"><b><u>BREAKFAST</u></b> Cinnamon Bun, Fruit Cup &amp; Fruit Juice</p> <p align="center"><b><u>LUNCH</u></b> Upsidedown Day Waffle Sticks, Link Sausage. Syrup &amp; Fruit</p>	<p align="center"><b><u>BREAKFAST</u></b> Hot Oatmeal, Milk Fruit Cup &amp; Fruit Juice</p> <p align="center"><b><u>LUNCH</u></b> Cheese or Pepperoni Pizza, Tossed Salad &amp; Fruit</p>
<b>2/8</b>	<b>2/9</b>	<b>2/10</b>	<b>2/11</b>	<b>2/12</b>
<p align="center"><b><u>BREAKFAST</u></b> Blueberry Muffin, Fruit Cup and Fruit Juice</p> <p align="center"><b><u>LUNCH</u></b> Hamburger/Cheeseburger, Baked French Fries, &amp; Fruit</p>	<p align="center"><b><u>BREAKFAST</u></b> Cereal, Milk, Fruit Cup &amp; Fruit Juice</p> <p align="center"><b><u>LUNCH</u></b> Chicken Nuggets, Mashed Potatoes, Gravy, &amp; Veggie</p>	<p align="center"><b><u>BREAKFAST</u></b> Scrambled Eggs, Bacon &amp; Hash Browns, Fruit Cup &amp; Fruit Juice</p> <p align="center"><b><u>LUNCH</u></b> Roast Beef w/ Gravy over a bed of Egg Noodles, &amp; Veggie</p>	<p align="center"><b><u>BREAKFAST</u></b> Cinnamon Rolls, Milk, Fruit Cup &amp; Fruit Juice</p> <p align="center"><b><u>LUNCH</u></b> Soft Tacos, Seasoned Beef, SoftTortilla Shell, W/ Lettuce, Tomatoes,Salsa,Cheese,SourCream</p>	<p align="center"><b><u>BREAKFAST</u></b> English Muffin w/ Jelly Fruit Cup &amp; Fruit Juice</p> <p align="center"><b><u>LUNCH</u></b> French Bread Pizza Carrot Sticks &amp; Fruit</p>
<b>2/15</b>	<b>2/16</b>	<b>2/17</b>	<b>2/18</b>	<b>2/19</b>
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
<b>2/22</b>	<b>2/23</b>	<b>2/24</b>	<b>2/25</b>	<b>2/26</b>
<p align="center"><b><u>BREAKFAST</u></b> Cereal, Milk, Fruit Cup &amp; Fruit Juice</p> <p align="center"><b><u>LUNCH</u></b> Chicken Teriyaki Dippers, Fiesta Rice, &amp; Veggie</p>	<p align="center"><b><u>BREAKFAST</u></b> Bacon, Egg, &amp; Cheese on a Crossiant, Fruit Cup &amp; Fruit Juice</p> <p align="center"><b><u>LUNCH</u></b> Shepards Pie ( Seasoned Beef, Mashed Potatoes,&amp; Corn) Baked and Topped W Brown Gravy</p>	<p align="center"><b><u>BREAKFAST</u></b> Apple Cinnamon Muffins, Butter, Fruit Cup &amp; Fruit Juice</p> <p align="center"><b><u>LUNCH</u></b> Turkey or Roast Beef Grinder, Baked Potato Chips, &amp; Fruit</p>	<p align="center"><b><u>BREAKFAST</u></b> Bagel, Cream Cheese, Jelly, Fruit Cup &amp; Fruit Juice</p> <p align="center"><b><u>LUNCH</u></b> Chicken/Salsa Quesadilla Pizza, &amp; Ice Cream Cup</p>	<p align="center"><b><u>BREAKFAST</u></b> Hot Oatmeal, Milk, Fruit Cup &amp; Fruit Juice</p> <p align="center"><b><u>LUNCH</u></b> Stuffed Shells, Bread Sticks &amp; Tossed Salad</p>
				<p align="center"><b><u>NOTICE</u></b> During Lent, No Hot Dogs will be served on Fridays.</p>
<b>BREAKFAST ALTERNATE:</b> Cold Cereal				
<b>LUNCH ALTERNATE:</b> #1 PeanutButter & Jelly, #2 Hot Dog, #3 Grilled Cheese, #4 House Salad				

**Note 1:** Fresh fruit and other snacks are available every day at the snack counter.

**Note 2:** 1% milk is available and is payable by separate check.