

# FEBRUARY 2023

# WESTSIDE HIGH SCHOOL HOT LINE

## LUNCH



**School Information:** Each meal served with a choice of 1% Chocolate OR White Milk. USDA is an Equal Opportunity Provider & Employer.



**February is American Heart Month.** Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

### MONDAY

**SIDE SALAD**  
**TEA**  
**FRESH FRUIT**  
**EVERYDAY**

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

BBQ Rib Sandwich **6**  
Grilled Chicken Sandwich  
Fried Okra  
Carrot Sticks W/ Dip  
Raisins

Chicken Spaghetti **7**  
Fajita Chicken Taco  
Chips & Salsa  
Refried Beans  
W/G Roll Spiced Apples

Country Fried Steak **8**  
Popcorn Chicken  
Black Eyed Peas  
Mash Potatoes  
Cornbread Peaches

Spaghetti **9**  
Beef Fingers  
Steamed Broccoli  
Carrot Coins  
W/G Roll Fruit Cocktail

Fish Sandwich **10**  
Hot Dog  
Coleslaw  
Potato Wedges  
Mixed Fruit

Steak Sandwich **13**  
Corndog  
Fried Okra  
Carrot Sticks W/Dip  
Strawberries

Mexican Chicken **14**  
Quesadilla  
Chips & Salsa  
Refried Beans  
Pears

Salisbury Steak **15**  
Chicken Nuggets  
Mash Potatoes  
Carrot Coins  
W/G Roll Fruit Cocktail

Cheeseburger Helper **16**  
Fish Sticks  
Steamed Broccoli  
Green Beans  
Hushpuppies Mixed Fruit

NO SCHOOL **17**

Meatball Sub **20**  
Pizza Burger  
Fried Okra  
Corn  
Strawberries

Chicken Enchilada **21**  
Beef Taco  
Chips & Salsa  
Refried Beans  
Peaches

Meatloaf **22**  
Pork Chop  
Mash Potatoes  
Green Beans  
W/G Roll Fruit Cocktail

Cheesy Chicken & Rice **23**  
Beef Fingers  
Steamed Broccoli  
Carrot Coins  
W/G Roll Pears

Hot Dog **24**  
Grilled Cheese  
French Fries  
Carrot Sticks W/Dip  
Mixed Fruit

Sloppy Joe **27**  
BBQ Chicken  
Sandwich  
Fried Okra Baked Bean  
Fruit Cocktail

Beef & Rice Wrap **28**  
Burrito  
Chips & Salsa  
Refried Beans  
Raisins

