FEBRUARY 2023

WESTSIDE HIGH SCHOOL CAFÉ'



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.

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	SIDE SALAD TEA FRESH FRUIT EVERYDAY		Pork Chop Sandwich Carrot Sticks W/ Dip Fried Okra Fruit Cocktail	BAKE POTATO BAR Chili/Cheese/Ham Broccoli/Salsa Butter/Sour Cream/Ranch Fritos Raisins	Hot Dog 3 Baked Chips Broccoli W/ Dip Baked Beans Mixed Fruit
E	6 Meatball Sub Broccoli W/ Dip Chips & Salsa Raisins	7 BBQ Chicken Sandwich Sweet Potato Fries Coleslaw Spiced Apples	8 Hamburger Corn French Fries Peaches	9 Hot Ham & Cheese Black Eyed Peas Fried Okra Fruit Cocktail	10 Sloppy Joe Carrot Sticks W/ Dip Tater Tots Mixed Fruit
E	Crispy Chicken Wrap 13 Baked Beans Onion Rings Strawberries	Grilled Cheese Tater Tots Carrot Sticks W/ Dip Pears	Pizza Red Pepper Strips W/ Dip Corn Fruit Cocktail	Chef Salad Ham/Egg/Cheese Carrots/Tomatoes Spinach/Broccoli/Crackers Lettuce/Cucumbers/Mixed Frui	NO SCHOOL 17
9	BBQ Rib Sandwich Sweet Potato Wedges Coleslaw Raisins	Hamburger Potato Salad Baked Beans Peaches	Chili W/ Crackers Tater Tots Carrot Sticks W/ Dip Fruit Cocktail	Hot Ham & Cheese Broccoli W/ Dip Chips & Salsa Pears	Mini Corndogs Potato Wedges Green Beans Mixed Fruit
C E	Steak Sandwich Quick Bake Potato Broccoli Salad Fruit Cocktail	Fish Sandwich Black Eyed Peas Fried Okra Raisins			