

FEBRUARY

2019



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ART CONTEST BEGINS

"You ART What You Eat" Art Contest STARTS FEBRUARY 4TH
squaremeals.org/artcontest

GOOD EATS AT

The Wildcat Café
 Junior High
 High School

SPECIAL ANNOUNCEMENTS

All students are offered a complete meal to include the five (5) food groups. Protein, Dairy, Vegetable, Fruit and Grains. Students must choose three (3) of the five (5) to be considered a full meal, but are encourage to take all five (5). One (1) of the items chosen must be a fruit or vegetable. A choice of milk is offered daily.

Menus are subject to change due to availability.

Chicken Strips w/Texas Toast
 BBQ Beef or Pork on a Bun
 Baked Beans
 Fruit **4**

Beefy Tacos
 Xtreme Burrito w/White Cheese Sauce
 Mexicali Corn
 Fruit **5**

General Tso's Chicken w/Egg Roll
 Chicken Teriyaki w/Egg Roll
 Fried Rice
 Oriental Vegetables
 Fruit **6**

Ham & Cheese Melt
 Chicken & Noodles
 Mixed Vegetables
 Fruit **7**

Mini Corn Dogs
 Baja Fish Sticks
 Fish Sandwich(HS Only)
 Tater Tots
 Sidekicks **1**

Hot Dog
 Hamburger w/Burger Salad
 Curly Fries
 Sidekicks **8**

Chicken Spaghetti w/Garlic Toast
 Cheese Sticks w/Marinara
 Italian Vegetables
 Fruit **11**

Chicken Fajitas
 Beef & Bean Tamale Pie
 Refried Beans
 Peppers & Onions
 Fruit **12**

Chili Cheese Combo
 Meatball Sub
 Green Beans
 Fruit **13**

Chicken Nuggets w/ Waffles
 Beef Stew w/Crackers
 Winter Vegetables
 Fruit **14**

Pepperoni Pizza
 Chicken Sandwich (Regular or Spicy)
 Crinkle Cut French Fries
 Sidekicks **15**

Steak Fingers w/Roll
 Breaded Pork Chop w/Roll
 Baby Bakers
 Ranchy Green Beans
 Fruit **18**

Tamales
 Chicken Crisпитos
 Charro Beans
 Spanish Rice(HS Only)
 Fruit **19**

Lasagna w/Garlic Toast
 French Bread Pizza
 Italian Vegetables
 Fruit **20**

Hawaiian Crispy Wrap
 Chicken Fried Steak on a Bun
 Carrot Coins
 Fruit **21**

Cheeseburger
 Popcorn Chicken w/Roll
 Potato Wedges
 Sidekicks **22**

Chicken Fried Steak
 Country Pot Pie
 Mashed Potatoes w/Gravy
 Green Beans
 Fruit **25**

Taco Soup w/Cornbread
 Cheesy Enchiladas
 Mexicali Corn
 Fruit **26**

BBQ Chicken Stuffed Crust
 Hamburger Pizza
 Steamed Broccoli
 Fruit **27**

Chicken Alfredo w/Breadstick
 Italian Turkey & Cheese Panini
 Italian Vegetables
 Fruit **28**