

**PARKVIEW JR. HIGH B'FAST AND LUNCH MENUS
FOR THE WEEK OF FEBRUARY 3, 2020**

Monday, February 3, 2020

B'fast: Pop-Tart
Cereal, Juice, Toast, Fruit, Milk
Cart: Granola Bar
Lunch: A Entree: Chili Soup-15g
B Entree: Beef Stew-31.5g
C Entree: Salad Bar
Pretzel Cheese Stick-27g
Apple-29.28g
Carrots w/Dip-11g
Saltine Crackers-9-18g

Tuesday, February 4, 2020:

B'fast: B'fast Burrito-27g
Cereal, Juice, Fruit, Toast, Milk
Cart: Muffin-59g
Lunch: A Entree: Mandarin Orange Chicken over Rice-21.67g
B Entree: Cheeseburger on WG Bun-30g
Peas and Carrots-10.6g
Fruit
Iced Graham Cracker-22g

Wednesday, February 5, 2020:

B'fast: Sausage Patty, Hash Brown-2g,15g,10g
Cereal, Juice, Fruit, Toast, Milk
Cart: Cereal Bar
Lunch: A Entree: Chicken Patty on WG Bun-44g
B Entree: Chili Cheese Dog on WG Bun-28.75g
C Entree: Salad Bar
Sweet Potato Fries-30.6g
California Blend w/Cheese Sauce-6.89g
Fruit

Thursday, February 6, 2020:

B'fast: B'fast Sundae-24g
Cereal, Juice, Fruit, Toast, Milk
Cart: Bunny Grahams-25g
Lunch: A Entree: Baked Spaghetti-21g
B Entree: Pizza Meatball Sub-37g
Cheesy Broccoli-14g
Fruit
Chocolate Cake w/Icing-45g

Friday, February 7, 2020:

B'fast: Cinnamon Roll-43g
Cereal, Juice, Fruit, Toast, Milk
Cart: Cook's Choice
Lunch: A Entree: Beef Stroganoff-18g
B Entree: Baked Chicken
C Entree: Salad Bar
Cottage Cheese-2.5g
Buttered Peas-17.3g
Fruit
Slice of Bread-16g

**PARKVIEW JR. HIGH B'FAST AND LUNCH MENUS
FOR THE WEEK OF FEBRUARY 10, 2020**

Monday, February 10, 2020:

B'fast: Powdered or Chocolate Doughnut-41g

Cereal, Juice, Fruit, Toast, Milk
Cart: Muffin-59g
Lunch: A Entree: Country Fried Steak w/Gravy-14g
B Entree: Chopped Steak w/Brown Gravy-14g
C Entree: Salad Bar
Cheesy Potatoes-24g
Buttered Peas-17.3g
Fruit
Slice of Bread-16g

Tuesday, February 11, 2020:

B'Fast: Egg and Cheese Biscuit-33g
Cereal, Juice, Fruit, Toast, Milk
Cart: Granola Bar
Lunch: A Entree: Chicken Nuggets w/Bread Slice-25.6g/16g
B Entree: Pulled BBQ Pork on WG Bun-27g
Oven Potatoes-FF-14g, PW-20g, TT-20g
Fruit
Cherry Mousse Dessert-16g

Wednesday, February 12, 2020:

B'fast: French Toast w/Syrup
Cereal, Juice, Fruit, Toast, Milk
Cart: Gold Fish
Lunch: A Entree: Pig-N-A-Blanket-17g
B Entree: Tenderloin on WG Bun-41g
C Entree: Salad Bar
Side Salad w/Dressing-5.9g
Fruit
Sun Chips-19g

Thursday, February 13, 2020:

B'fast: Biscuit and Sausage Gravy-37g
Cereal, Juice, Fruit, Toast, Milk
Cart: Cook's Choice
Lunch: A Entree Only: Cheese Pizza-20g
Carrots w/Dip-11g
Fruit
Potato Chips-plain-15g, bbq-16g, cheetos-15g

Friday, February 14, 2020:

No School
P/T Conferences

**PARKVIEW JR. HIGH B'FAST AND LUNCH MENUS
FOR THE WEEK OF FEBRUARY 17, 2020**

Monday, February 17, 2020:

NO SCHOOL
PRESIDENT'S DAY

Tuesday, February 18, 2020:

B'fast: Waffle w/Syrup-87g
Cereal, Juice, Fruit, Toast, Milk

Cart: Cereal Bar
Lunch: A Entree: Salisbury Steak w/Brown Gravy6.8g
B Entree: BBQ Grilled Chicken-10g
Mashed Potatoes-38g
Sweet Potato Casserole-11.29
Fruit
Slice of Bread-16g

Wednesday, February 19, 2020:

B'fast: Long John-27g
Cereal, Juice, Fruit, Toast, Milk
Cart: Granola Bar
Lunch: A Entree: Chicken Noodle Soup-10g
B Entree: Broccoli and Cheddar Soup-12.75g
C Entree: Salad Bar
Carrots w/Dip-11g
Orange Slice-11g
Soft Pretzel w/Cheese Dip49g

Thursday, February 20, 2020:

B'fast: Sausage Patty, Hash Brown-2g/15g/10g
Cereal, Juice, Fruit, Toast, Milk
Cart: Doughnut
Lunch: A Entree: Hot Ham and Cheese on Pretzel Bun-36g
B Entree: Hot Turkey and Cheese on Pretzel Bun-33.5g
Cucumbers w/Dip-3.9g
Fruit
Bunny Grahams-24g

Friday, February 21, 2020:

B'fast: Powdered or Chocolate Doughnut-41g
Cereal, Juice, Fruit, Toast, Milk
Cart: Cook's Choice
Lunch: A Entree Only: Cheese Pizza-20g
Carrots w/Dip-11g
Apple-30g
Potato Chips-plain-15g, bbq-16g

**PARKVIEW JR. HIGH B'FAST AND LUNCH MENUS
FOR THE WEEK OF FEBRUARY 24, 2020**

Monday, February 24, 2020:

B'fast: Muffin, Seasoned Diced Potatoes-59g
Cereal, Juice, Fruit, Toast, Milk
Cart: Granola Bar
Lunch: A Entree: Chicken and Noodles-24.2g
B Entree: Meatloaf-8g
C Entree: Salad Bar
Mashed Potatoes-38g
Buttered Lima Beans-24g
Fruit
Slice of Bread-16g

Tuesday, February 25, 2020:

B'fast: B'fast Pizza

Cereal, Juice Fruit, Toast, Milk
Cart: Muffin
Lunch: A Entree: BBQ Pork Rib Patty on WG Bun-32g
B Entree: Chicka Mia on Pretzel Bun
Oven Potatoes-FF-14g,TT-20g
Fruit
Chocolate Mousse Dessert-16g

Wednesday, February 26, 2020:

B'fast: Scrambled Eggs-1g
Cereal, Juice, Fruit, Toast, Milk
Cart: Gold Fish
Lunch: A Entree: Bacon Cheeseburger on WG Bun-31g
B Entree: Fish on WG Bun-43g
Sweet Potato Fries-30.6g
Hot Veggie
Fruit
Iced Graham Cracker-22g

Thursday, February 27, 2020:

B'fast: Glazed Doughnut-35g
Cereal, Juice, Fruit, Toast, Milk
Cart: Cereal Bar
Lunch: A Entree: Nacho Supreme-4g
B Entree: Chicken and Cheese on Loco Bread-28.13g
Buttered Corn-28g
Lettuce and Cheese-2.54g
Chips, Salsa and Sour Cream-15.38g
Fruit

Friday, February 28, 2020:

B'fast: Cinnamon Biscuit-25.5g
Cereal, Juice, Fruit, Toast, Milk
Cart: Cook's Choice
Lunch: A Entree: Cheese Pizza-20g
B Entree: Sausage and Pepperoni Pizza-21g
Carrots and Cherry Tomatoes w/Dip-10.47g
Fruit
Potato Chips-plain-15g, bbq-16g, cheetos-15g