







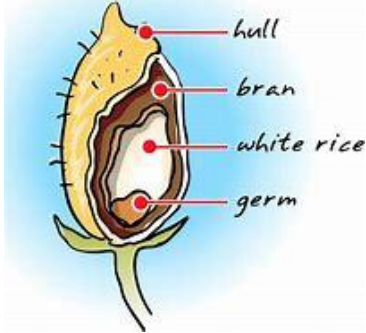
**Breakfast Prices**  
 Paid: \$1.25  
 Reduced: \$.30

# Dalton Local School District High School Menu February 2019

**Lunch Prices:**  
 Paid: \$2.90  
 Reduced: \$.40  
 Extra  
 Entrée: \$1.50



| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
|  <p>This month's Harvest focuses on whole grains! We are proud that our food service selectively picks food items that are at least 51% whole grain.</p>  | <p>What makes whole grains so good for you? They are a good source of fiber and aid in digestion. Since they contain more of the outer coating of the grain called the "bran" and the nutritional part of the grain called the "germ", they take longer to break down and aid in helping your body digest the rest of your food.</p> <p>They also contain complex carbohydrates, something your body uses for energy!</p> | <p>The American Dietary Guidelines suggest everyone eat at least 3 servings of whole grains daily! You can start out with having oatmeal for breakfast and can include whole grain breads and whole grain pastas for lunch and dinner.</p> <p>Whole grains have come a long way and don't taste bad at all. In fact, all of our pastries (donuts, pop tarts, etc.) are whole grains and they still taste delicious!</p> <p>Try some whole grains today! You might be surprised at how great they taste!</p> |   | <p style="text-align: right;">1</p> <p><b>Entrée:</b><br/>         Turkey Gravy<sup>2</sup> w/Biscuit<sup>27</sup></p> <p><b>Vegetable:</b><br/>         Mashed Potatoes<sup>15</sup> &amp; Salad Bar</p> <p><b>Fruit:</b><br/>         Mixed Fruit Cup<sup>16</sup> &amp; Fresh Fruit Milk Choice</p>   |
| <p style="text-align: right;">4</p> <p><b>Entrée:</b><br/>         Chicken<sup>32</sup> or Cheese Quesadilla<sup>39</sup> w/Salsa<sup>6</sup> &amp; LF Sour Cream<sup>3</sup></p> <p><b>Cold Entrée of the Week:</b><br/>         Chicken Salad on Whole Grain Croissant<sup>40</sup></p> <p><b>Vegetable:</b><br/>         Cowboy Corn<sup>21</sup> &amp; Salad Bar</p> <p><b>Fruit:</b><br/>         Side Kicks Slushy<sup>20</sup> or Fresh Fruit Milk Choice</p> | <p style="text-align: right;">5</p> <p><b>Entrée:</b><br/>         Texas Burger<sup>1</sup> w/Cheese<sup>1</sup>, Bun<sup>19</sup>, Bacon<sup>0</sup> &amp; BBQ Sauce<sup>14</sup>, Lettuce, Tomato Slices &amp; Pickles<sup>0</sup></p> <p><b>Vegetable:</b><br/>         Steamed Green Beans<sup>4</sup> &amp; Salad Bar</p> <p><b>Fruit:</b><br/>         Applesauce<sup>14</sup> or Fresh Fruit Milk Choice</p>       | <p style="text-align: right;">6</p> <p><b>Entrée:</b><br/>         Santa Fe Beefy Pasta<sup>47</sup> – A Delicious pasta w/a Southwestern Flair! w/Corn Bread<sup>17</sup></p> <p><b>Vegetable:</b><br/>         Peas &amp; Carrots<sup>4</sup> &amp; Salad Bar</p> <p><b>Fruit:</b><br/>         Diced Peaches<sup>19</sup> or Fresh Fruit Milk Choice</p>   | <p style="text-align: right;">7</p> <p><b>Entrée:</b><br/>         Breakfast for lunch!<br/>         French Toast Bites<sup>19</sup> w/Sausage Patty<sup>0</sup>, Syrup<sup>51</sup> (Sugar Free Available Upon Request<sup>9</sup>)</p> <p><b>Vegetable:</b><br/>         Hash Brown Patties<sup>29</sup> &amp; Salad Bar</p> <p><b>Fruit:</b><br/>         Orange Slices<sup>19</sup> or Fresh Fruit Milk Choice</p> | <p style="text-align: right;">8</p> <p><b>Entrée:</b><br/>         Doritos Extreme Walking Taco<sup>31</sup> w/Beef Taco Meat, Shredded Cheese<sup>1</sup> &amp; Lettuce, Diced Tomatoes, Salsa<sup>6</sup>, LF Sour Cream<sup>3</sup> &amp; Banana Peppers<sup>0</sup></p> <p><b>Vegetable:</b><br/>         Fiesta Beans<sup>22</sup> &amp; Salad Bar</p> <p><b>Fruit:</b><br/>         Diced Pears<sup>14</sup> &amp; Fresh Fruit Milk Choice</p> |

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| <p>11</p> <p><b>Entrée:</b><br/>Fry Day!<br/>Baked Chicken Fries<sup>14</sup> &amp; Baked Funnel Cake Fries<sup>26</sup></p> <p><b>Cold Entrée of the Week:</b><br/>Yogurt Parfait<sup>46</sup></p> <p><b>Vegetable:</b><br/>Oven Baked Fries<sup>17</sup> or Salad Bar</p> <p><b>Fruit:</b><br/>Peach Cup<sup>19</sup> or Fresh Fruit Milk</p>           | <p>12</p> <p><b>Entrée:</b><br/>All American Dog Bar<sup>24</sup> w/Coney Sauce<sup>7</sup>, Shredded Cheddar Cheese<sup>2</sup>, Diced Onions, Banana Peppers &amp; Relish<sup>0</sup></p> <p><b>Vegetable:</b><br/>Baked Beans<sup>29</sup> or Salad Bar</p> <p><b>Fruit:</b><br/>Side Kicks Slushy<sup>20</sup> or Fresh Fruit Milk Choice</p>   | <p>13</p> <p><b>Entrée:</b><br/>Firecracker Chicken Bites<sup>35</sup> over Rice<sup>37</sup> &amp; Fortune Cookie<sup>7</sup></p> <p><b>Vegetable:</b><br/>Steamed Broccoli<sup>3</sup> or Salad Bar</p> <p><b>Fruit:</b><br/>Diced Pears<sup>14</sup> or Fresh Fruit Milk Choice</p>  | <p>14</p> <p><b>Entrée:</b><br/>Mashed Potato Bowl<sup>19</sup> w/Popcorn Chicken<sup>20</sup></p> <p><b>Vegetable:</b><br/>Mashed Potatoes<sup>15</sup> w/Gravy<sup>4</sup>, Steamed Corn<sup>17</sup> or Salad Bar</p> <p><b>Fruit:</b><br/>Mixed Fruit<sup>16</sup> or Fresh Fruit Milk Choice</p>                 | <p>15</p>   |
| <p>18</p>    | <p>19</p> <p><b>Entrée:</b><br/>Chili Cheese Tots<sup>31</sup> w/Pepperidge Farm Goldfish Grahams<sup>19</sup></p> <p><b>Cold Entrée of the Week:</b><br/>Chicken Salad on Whole Grain Croissant<sup>40</sup></p> <p><b>Vegetable:</b><br/>Tater Tots<sup>16</sup> or Salad Bar</p> <p><b>Fruit:</b><br/>Apple Crisp<sup>43</sup> or Fresh Fruit Milk Choice</p>                                | <p>20</p> <p><b>Entrée:</b><br/>Nacho Bar w/Beef Taco or Santa Fe Chicken<sup>32</sup></p> <p><b>Vegetable:</b><br/>Fiesta Beans<sup>22</sup>, Nacho Bar w/Shredded Cheese<sup>1</sup>, Greek Yogurt<sup>2</sup>, Shredded Romaine<sup>0</sup>, Diced Tomatoes<sup>0</sup>, Diced Onions<sup>0</sup>, Jalapeños<sup>0</sup> &amp; Salsa<sup>6</sup></p> <p><b>Fruit:</b><br/>Banana<sup>27</sup> or Fresh Fruit Milk Choice</p> | <p>21</p> <p><b>Entrée:</b><br/>Pulled Pork<sup>17</sup> Mashed Potato<sup>15</sup> Stacker w/Garlic Texas Toast<sup>11</sup> &amp; Cheddar Cheese<sup>1</sup></p> <p><b>Vegetable:</b><br/>Steamed Corn<sup>17</sup> or Salad Bar</p> <p><b>Fruit:</b><br/>Diced Peaches<sup>19</sup> or Fresh Fruit Milk Choice</p> | <p>22</p> <p><b>Entrée:</b><br/>Macaroni &amp; Cheese<sup>33</sup> w/BBQ<sup>14</sup> Popcorn Chicken<sup>20</sup></p> <p><b>Vegetable:</b><br/>Steamed Broccoli<sup>3</sup> or Salad Bar</p> <p><b>Fruit:</b><br/>Mixed Fruit Cup<sup>16</sup> or Fresh Fruit Milk Choice</p> |
| <p>25</p> <p><b>Entrée:</b><br/>Meatloaf<sup>6</sup> &amp; Whole Grain Roll<sup>15</sup></p> <p><b>Cold Entrée of the Week:</b><br/>Yogurt Parfait<sup>46</sup></p> <p><b>Vegetable:</b><br/>Mashed Potatoes<sup>15</sup> &amp; Gravy<sup>4</sup> or Salad Bar</p> <p><b>Fruit:</b><br/>Cinnamon Apple Slices<sup>12</sup> or Fresh Fruit Milk Choice</p> | <p>26</p> <p><b>Entrée:</b><br/>Burrito Bowl w/Choice of Beef<sup>0</sup> Taco of Santa Fe Chicken<sup>0</sup> over Spanish Rice<sup>19</sup> w/Apple Churro<sup>14</sup>, Cheddar Cheese<sup>1</sup> &amp; Greek Yogurt<sup>1</sup></p> <p><b>Vegetable:</b><br/>Fiesta Beans<sup>22</sup> or Salad Bar</p> <p><b>Fruit:</b><br/>Side Kicks Slushy<sup>20</sup> or Fresh Fruit Milk Choice</p> | <p>27</p> <p><b>Entrée:</b><br/>Oven Baked Chicken Leg<sup>5</sup> w/Cornbread<sup>17</sup></p> <p><b>Vegetable:</b><br/>Baked Beans<sup>29</sup>, Cole Slaw<sup>17</sup> or Salad Bar</p> <p><b>Fruit:</b><br/>Sliced Oranges<sup>18</sup> or Fresh Fruit Milk Choice</p>  | <p>28</p> <p><b>Entrée:</b><br/>Hot Ham &amp; Cheese Bagel<sup>29</sup> w/Chips<sup>19</sup></p> <p><b>Vegetable:</b><br/>Peas &amp; Carrots<sup>4</sup> or Salad Bar</p> <p><b>Fruit:</b><br/>Diced Pears<sup>14</sup> or Fresh Fruit Milk Choice</p>  | <p>whole rice grain</p>   |

This facility is an equal opportunity provider. Menu subject to change due to product availability and inclement weather. Every Day Available Items: Pizza, Burgers & Chicken Patty Sandwiches.