

# ZHS February 2019

Mon

Tue

Wed

Thu

Fri

<p>Students May Select The Following Items:  <b>Choice of 1 Entrée</b>  <b>Choice of 1 Grain</b>  <b>May Choose All Vegetables</b>  <b>May Choose up to 2 Fruits</b></p>	<p>Students <b><i>MUST</i></b> choose at least  <b>½ cup fruit or ½ cup vegetable.</b>          Students may decline 2 of the 5 food components. Milk is not required.</p>	<p>THIS INTSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p> <p>Menu subject to change</p>		<p>1 Chicken Tenders          Tator Tots          Bake Beans          Tomato and Cucumber salad          Fruit Choice          Milk Choice</p>
<p>4 Salisbury Steaks and Gravy          Mashed Potatoes          Carrot Coins          Tossed Salad          Fruit Choice          Rolls          Milk Choice</p>	<p>5 Lasagna          Broccoli          Tossed Salad          Fruit Choice          Garlic Rolls          Milk Choice</p>	<p>6 Shepard's Pie          (Grd. Beef, Mash Potatoes, Corn, Cheese)          Tossed Salad          Fruit Choice          Milk choice</p>	<p>7 Chicken Pot Pie          Green Beans          Tossed Salad          Fruit Choice          Rolls          Milk Choice</p>	<p>8 Meatloaf          Mashed Potatoes          Lima Beans          Tossed Salad          Fruit Choice          Rolls          Milk Choice</p>
<p>11 Red Beans Rice/Sausage          Seasoned Greens          Tossed Salad          Fruit Choice          Cornbread          Milk Choice</p>	<p>12 Beefy Nachos          Refried Beans          Corn          Lettuce and Tomato Cup          Fruit choice          Milk choice</p>	<p>13 Chicken and Sausage Gravy          Rice          Sweet Potatoes          Tossed Salad          Fruit Choice          Rolls          Milk Choice</p>	<p>14 Baked Chicken          Loaded Mashed Potatoes          Tossed Salad          Fruit Choice          Roll          Milk Choice</p> 	<p>15 Meatball Subs          Fries          Tossed Salad          Fruit Choice          Milk Choice</p>
<p>18</p> <p><b>No School</b></p>	<p>19 Ranch Popcorn Chicken          Tator Tots          Tossed Salad          Fruit Choice          Milk Choice</p>	<p>20 Chicken Fetti/Pasta          Spinach          Tossed Salad          Fruit Choice          Rolls          Milk Choice</p>	<p>21 Pastalaya          White Beans          Cabbage          Tossed Salad          Fruit Choice          Cornbread          Milk Choice</p>	<p>22 Fish          Scalloped Potatoes          Tomato and Cucumber salad          Fruit Choice          Rolls          Milk Choice</p>
<p>25 Chicken Tenders          Mac and Cheese          Sweet Potatoes          Fruit Choice          Rolls          Milk Choice</p>	<p>26 Ground Beef Spaghetti          Spinach          Tossed Salad          Fruit Choice          Rolls          Milk Choice</p>	<p>27 Chicken Fajitas          Spanish Rice          Refried Beans          Tossed Salad          Lettuce and Tomato Cup          Fruit Choice</p>	<p>28 Gumbo          Rice          Potato Salad          Seasoned Greens          Fruit Choice          Crackers</p>	