



# Bement Jr High & High School February Menu

## BREAKFAST

WG Cereal, Breakfast Bars, Muffins, Cinnamon toast, String Cheese, Fresh Fruit and 100% Fruit Juice offered daily!

## BREAKFAST & LUNCH

Fat Free Chocolate Milk, Fat Free Strawberry Milk & 1% White Milk

## OFFERED DAILY AT HS LUNCH

French Fries

Dinner Roll & Butter

February 12th-Celebrate February Birthdays with a Whole Grain Rice Krispy Treat!

\*= Pork Product

\*\*= Chicken Product

BS=Bread Slice

V=Vegetarian



This institution is an equal opportunity provider.

**1**

**Blueberry Muffin w/String Cheese**

- 1) Macaroni & Cheese (V)
- 2) Chicken Nuggets w/BS
- 3) Fruit, Yogurt and Cheese Plate (V)
- 4) Meat Lovers Pizza

**Fruits & Vegetables**  
Baked Beans, Fresh Celery Sticks, Fresh Banana, 100% Apple Juice

**2**

**Ham\*\* & Cheese Muffin**

- 1) Bacon\* Cheeseburger
- 2) Fish Sticks w/BS
- 3) Peanut Butter & Jelly (V)
- 4) Cheese Pizza (V)

**Fruits & Vegetables**  
Steamed Spinach, Side Salad, Variety Fresh Fruit, 100% Grape Juice

**3**

**French Toast Sticks**

- 1) Hot Ham\*\* & Cheese
- 2) Hot Dog on a Bun
- 3) Peanut Butter & Jelly (V)
- 4) Pepperoni Pizza\*\*

**Fruits & Vegetables**  
Green Beans, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch

**4**

**Pancake on a Stick**

- 1) Rotini w/Meat Sauce
- 2) Popcorn Chicken w/BS
- 3) Pretzel, Yogurt & Cheese Plate (V)
- 4) Taco Pizza

**Fruits & Vegetables**  
Golden Kernel Corn, Fresh Broccoli, Fresh Orange Wedges, Applesauce Cups

**5**

**Cheese Omelet, Toast & Hashbrown**

- 1) Cheesy Bacon\* Baked Potato
- 2) Breaded Chicken Patty
- 3) Egg Chef Salad w/BS (V)
- 4) Sausage Pizza\*

**Fruits & Vegetables**  
Steamed Carrots, Fresh Red Pepper Strips, Fresh Green Apple, Diced Pears

**6**

**Glazed Donut**

- 1) Nachos w/ Tortilla Scoops
- 2) Chicken Nuggets w/ BS
- 3) Fruit, Yogurt and Cheese Plate (V)
- 4) Meat Lovers Pizza

**Fruits & Vegetables**  
Refried Beans, Fresh Celery Sticks, Fresh Banana, 100% Apple Juice

**7**

**Breakfast Pizza\***

- 1) Grilled Cheese w/ Bacon
- 2) Cheeseburger
- 3) Italian Salad w/BS\*\*
- 4) Cheese Pizza (V)

**Fruits & Vegetables**  
Steamed Spinach, Side Salad, Variety Fresh Fruit, Mixed Fruit Cup

**8**

**February Birthdays Celebration Biscuits & Gravy**

- 1) Salisbury Steak & Gravy w/ BS
- 2) Breaded Chicken Patty
- 3) Ham & Cheese Sub
- 4) Pepperoni Pizza\*\*

**Fruits & Vegetables**  
Seasoned Baby Peas, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch

**9**

**Warm Cinnamon Roll**

- 1) Country Popcorn Chicken Bowl
- 2) Hot Dog on a Bun
- 3) Bagel, CC & Cheese Plate (V)
- 4) Taco Pizza

**Fruits & Vegetables**  
Steamed Carrots, Cherry Tomatoes, Fresh Orange Wedges, Applesauce Cups

**10**

**Pancakes w/Syrup**

- 1) BBQ Rib\* on a Bun
- 2) Beef Fiestada
- 3) Peanut Butter & Jelly
- 4) Sausage Pizza\*

**Fruits & Vegetables**  
Tater Tots, Fresh Broccoli, Fresh Green Apple, Diced Peaches

**11**

**Cheesy Scrambled Eggs, Toast & Hashbrown**

- 1) Cheesy Baked Penne (V)
- 2) Chicken Nuggets w/BS
- 3) Peanut Butter & Jelly (V)
- 4) Meat Lovers Pizza

**Fruits & Vegetables**  
Baked Beans, Fresh Cucumber Slices, Fresh Banana, 100% Apple Juice

**12**

**Powdered Sugar Donut**

- 1) Fish & Cheese Melt
- 2) Chicken Tenders w/BS
- 3) Turkey & Cheese Wrap
- 4) Cheese Pizza (V)

**Fruits & Vegetables**  
Golden Kernel Corn, Side Salad, Variety Fresh Fruit, Pineapple Cup

**13**

**Strawberry Banana Yogurt w/ Toast**

- 1) Tater Tot Chicken Nachos w/ Scps
- 2) Hot Dog on a Bun
- 3) Ham & Cheese Wrap
- 4) Taco Pizza

**Fruits & Vegetables**  
Golden Kernel Corn, Fresh Broccoli, Fresh Orange Wedges, Applesauce Cups

**14**

**Mini Maple Waffles**

- 1) Corn Dog on a Stick
- 2) Breaded Chicken Patty
- 3) Italian Salad w/BS
- 4) Sausage Pizza\*

**Fruits & Vegetables**  
French Fries, Fresh Red Pepper Strips, Fresh Green Apple, Diced Pears

**15**

**Chocolate Glazed Donuts**

- 1) General Tso Chicken w/Rice
- 2) Chicken Nuggets w/BS
- 3) Peanut Butter & Jelly (V)
- 4) Meat Lovers Pizza

**Fruits & Vegetables**  
Steamed Carrots, Fresh Celery Sticks, Fresh Banana, 100% Apple Juice

**16**

**NO SCHOOL**

**17**

**French Toast Sticks w/Syrup**

- 1) Country Fried Steak w/BS
- 2) Popcorn Chicken w/BS
- 3) Ham\*\* Chef Salad w/BS
- 4) Pepperoni Pizza\*\*

**Fruits & Vegetables**  
Mashed Potatoes, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch

**18**

**French Toast Sticks**

- 1) Chicken Pot Pie
- 2) Breaded Chicken Patty
- 3) Bagel, CC & Cheese Plate (V)
- 4) Taco Pizza

**Fruits & Vegetables**  
Golden Kernel Corn, Fresh Broccoli, Fresh Orange Wedges, Applesauce Cups

**19**

**Bagel w/ Cream Cheese**

- 1) Chicken Tenders w/BS
- 2) BBQ Rib\* on a Bun
- 3) Peanut Butter & Jelly (V)
- 4) Sausage Pizza\*

**Fruits & Vegetables**  
Baked Beans, Fresh Red Pepper Strips, Fresh Green Apple, Diced Pears

**20**

**Breakfast Prices**

\$0.00 Free  
\$0.30 Reduced  
\$1.50 Paid (All Grades)

**Lunch Prices**

\$0.00 Free  
\$0.40 Reduced  
\$2.70 Paid (K-5)  
\$2.80 Paid (6-8)  
\$2.90 Paid (9-12)

**21**

**French Toast Sticks**

- 1) Country Fried Steak w/BS
- 2) Popcorn Chicken w/BS
- 3) Ham\*\* Chef Salad w/BS
- 4) Pepperoni Pizza\*\*

**Fruits & Vegetables**  
Mashed Potatoes, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch

**22**

**French Toast Sticks**

- 1) Country Fried Steak w/BS
- 2) Popcorn Chicken w/BS
- 3) Ham\*\* Chef Salad w/BS
- 4) Pepperoni Pizza\*\*

**Fruits & Vegetables**  
Mashed Potatoes, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch

**23**

**French Toast Sticks**

- 1) Country Fried Steak w/BS
- 2) Popcorn Chicken w/BS
- 3) Ham\*\* Chef Salad w/BS
- 4) Pepperoni Pizza\*\*

**Fruits & Vegetables**  
Mashed Potatoes, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch

**24**

**French Toast Sticks**

- 1) Country Fried Steak w/BS
- 2) Popcorn Chicken w/BS
- 3) Ham\*\* Chef Salad w/BS
- 4) Pepperoni Pizza\*\*

**Fruits & Vegetables**  
Mashed Potatoes, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch

**25**

**French Toast Sticks**

- 1) Country Fried Steak w/BS
- 2) Popcorn Chicken w/BS
- 3) Ham\*\* Chef Salad w/BS
- 4) Pepperoni Pizza\*\*

**Fruits & Vegetables**  
Mashed Potatoes, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch