



Ferndale Area Fitness and Wellness Program February 2012

High School Lunch Menu: *Menu is subject to change*

Chef Salad available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Fish Sticks Macaroni & Cheese Stewed Tomatoes Fruit Milk	Hamburger on Bun Lettuce Tomato & Pickle Tater Tots Choice of Fruit Milk	Mozzarella Cheese Sticks w/ Sauce Steamed Vegetables Choice of Fruit Sherbet Milk
6	7	8	9	10
Deli Sandwich Lettuce & Pickle Vegetable Soup Choice of Fruit Ice Cream Cup Milk	Chicken Parmesan Rotlini w/Sauce Tossed Salad with Dressing Choice of Fruit Milk	Meatballs in Gravy Mashed Potatoes Baby Carrots Dinner Roll Choice of Fruit Milk	Turkey Soft Shell Taco Lettuce & Salsa Corn Choice of Fruit Doritos Milk	Max Sticks w/ Sauce or Tuna Sandwich Steamed Vegetables Choice of Fruit Pretzels Milk
13	14	15	16	17
Chicken & Gravy over Biscuits Mixed Vegetables Choice of Fruit Pudding Milk	Sausage Egg & Cheese on English Muffin Hash Brown Patty Fresh Orange Wedges Milk	Pizza Burgers Steamed Vegetables Choice of Fruit Bag of Snacks Milk	Grilled Chicken Patty Brown Rice Oriental Vegetables Choice of Fruit Milk	White Pizza or Egg Salad Sandwich Steamed Vegetables Choice of Fruit Luigi's Sherbet Milk
20	21	22	23	24
No School For Students	Hot Dog on Bun French Fries Baby Carrots Choice of Fruit Bag of Snacks Milk	Max Sticks with Sauce Steamed Vegetables Choice of Fruit Ice Cream Sandwich Milk	Steak & Cheese on Pretzel Bun Pasta Salad w/ Cucumber & Tomato Choice of Fruit Milk	Pizza or Tuna Salad Sandwich Steamed Vegetables Choice of Fruit Frozen Fruit Cup Milk
27	28	29	1	2
Grande Nachos Cheese Sauce Lettuce & Salsa Choice of Fruit Frozen Fruit Bar Milk	Popcorn Chicken Bowl Mashed Potatoes Corn Cheese & Gravy Choice of Fruit Milk	Cheeseburger on Bun Lettuce & Pickle Tater Tots Choice of Fruit Jell-O w/ Topping Milk	Spaghetti w/ Meatballs Tossed Salad w/ House Dressing Garlic Breadstick Choice of Fruit Milk	Mozzarella Cheese Sticks w/ Sauce or Chicken Salad Sandwich Steamed Vegetables Choice of Fruit Sherbet Cup, Milk

Main Menu Alternatives

Feb 1-3 Ham & Cheese Wrap

Feb 6 - 10 PB&J

Feb 13 - 17 Bologna & Cheese Wrap

Feb 21 - 24 Turkey Sandwich

Feb 27 – March 2 Deli Combo Wrap

High School Breakfast and Lunch Prices

High School Breakfast: \$0.60

High School Lunch: \$1.40

Reduced Breakfast: \$0.30

Reduced Lunch: \$0.40

Milk: \$0.35