













February 2012

Thomaston High School Lunch Menu

Mon	Tue	Wed	Thu	Fri
<p><u>Prepaid Meal Prices:</u> 20 days Full Price \$55.00 Reduced 8.00</p>		<p><u>1 Soup 'n Sandwich Day</u> Farmer's Vegetable Soup Sliced Turkey on Whole Grain Roll Fresh Veggie Cup Chilled Peaches Milk Choice</p>	<p>2 Crunchy Pollack Fish with or without Cheese on Whole Grain Roll  Golden Corn on the Cob Seedless Grapes Milk Choice</p>	<p>3 <u>Pizza, Pizza, Pizza</u> Cheese, Veggie or Meat Pizza Raw Baby Carrots Pineapple Chunks Milk Choice</p>
<p>6 Diced Chicken Alfredo over Rotini Pasta Steamed Green Beans Chilled Pears Milk Choice</p>	<p>7 <u>Build Your Own Burger</u> Beef OR Veggie Burger on Whole Grain Roll Roasted Potato Wedges Mixed Fruit Cup Milk Choice</p>	<p>8 <u>Soup 'n Sandwich Day</u>  Sweet Potato and Butternut Bisque Sliced Turkey and Cheese on Whole Grain Roll Lettuce and Tomato Fresh Apple Milk Choice</p>	<p>9 Montreal Style Baked Chicken Steamed Leaf Spinach  Warm Dinner Roll Ripe Banana Milk Choice</p>	<p>10 Creamy Baked Macaroni and Cheese Broccoli Cuts  Whole Grain Breadstick Chilled Applesauce Milk Choice</p>
<p>13 Sloppy Joe on Whole Grain Roll Sweet Potato Oven Fries Pineapple Chunks  Milk Choice</p>	<p>14 <u>Valentine's Day</u>  Chicken Nuggets Super Sweet Corn Seasoned Brown Rice Seedless Grapes Milk Choice</p>	<p>15 <u>Soup 'n Sandwich Day</u> Corn Chowder Sliced Turkey Sandwich Cucumber Slices with Dip Peach Cup Milk Choice</p>	<p>16 Soft or Hard Shell Tacos with Lettuce, Tomato, Cheese Black Bean and Corn Salad Fresh Orange Wedges  Milk Choice</p>	<p>17 Buffalo Wing OR Cheese Pizza Celery with Blue Cheese Dressing Mixed Fruit Cup Milk Choice</p>
<p>20 President's Day No School</p>	<p>21 <u>Back-To-School-Brunch</u> French Toast Sticks Cheddar Omelet Hash Brown Potato Stewed Cinnamon Apples Milk Choice</p>	<p>22 <u>Soup 'n Sandwich Day</u> Homestyle Chicken Noodle Soup Assorted Sandwiches and Wraps Fresh Veggie Cup Chilled Pears Milk Choice</p>	<p>23 White Chicken Chili  Cornbread Square Raw Broccoli Bites Pineapple Chunks Milk Choice</p>	<p>24 Roasted Pulled Pork on Whole Grain Roll Sweet Potato Fries  Ripe Banana Milk Choice</p>
<p>27 <u>Soup 'n Sandwich Day</u> Tomato Soup Toasted Cheese Sandwich Chick Pea Salad Vinaigrette Fresh Apple  Milk Choice</p>	<p>28 Corn Tortilla Chips with Taco Meat and Cheese Lettuce and Tomato Steamed Green Beans Sliced Peaches Milk Choice</p>	<p>29 Chicken Patty on Whole Grain Roll Golden Corn Mixed Fruit Cup Milk</p>	<p><u>Daily Alternate Choices:</u></p>	<p>Fresh fruit and 100% Fruit Juice available daily as fruit choice. <u>Milk served with all meals:</u> 1%, skim, Chocolate, and Lactaid. Soy milk available on request.</p>