








TAHLEQUAH SENIOR HIGH LUNCH MENU

FEBRUARY 2012

LUNCH PRICES: STUDENTS - \$2.00 AND ADULTS - \$3.00



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Soft Tacos Salsa and Jalapenos Refried Beans Fiesta Corn Orange Wedges	2 Chicken and Noodles Cheese Sticks Winter Mixed Veggies Homemade Wheat Bread Mixed Berries	3 Sloppy Joes Sweet Thing Fries Pea Salad Fresh Pear Halves Pudding
6 Beef Stew Roasted Squash Coleslaw Cornbread Apricots	7 Asian Chicken Egg Rolls w/Sweet&Sour Sauce Stir Fry Veggies Seasoned Rice Mandarin Orange Salad	8 Breaded Pork Chops Mashed Potatoes and Gravy Corn on the Cob Wheat Rolls Sliced Peaches	9 Spaghetti and Beef Sauce Caesar Salad Italian Blend Veggies Garlic Bread Blueberry Ambrosia	10 Tuna Salad Sandwiches Broccoli and Cheese Baby Carrots Pickle Spears Apple Wedges with Caramel Dip
13 Macaroni and Cheese Lil Smokies Green Beans Breadsticks Blushing Pears	14 Smothered Beef Patties New Potatoes Brussel Sprouts Sourdough Bread Strawberries & Valentine's Cake 	15 Grilled Cheese Sandwiches Tomato Soup Orange-Glazed Carrots Cucumber Salad Grapefruit Slices	16 Chicken Fajitas Grilled Peppers and Onions Pinto Beans Spanish Rice Pineapple Delight	17 Fish with Tartar Sauce French Fries Coleslaw Cornbread Glazed Bananas
20 Salisbury Steak w/Gravy Brown Rice Steamed Cabbage Oat Rolls Seedless Grapes	21 Chicken Pot Pie with Biscuit Topping Asparagus Carrot and Raisin Salad Pineapples and Cherries	22 Cheeseburger Mac Roasted Sweet Potato Wedges California Mixed Veggies Garlic Bread Peach Ambrosia	23 Grilled Chicken Sandwiches Hot Buttered Rotini Steamed Zucchini Tomato and Onion Slices Bananas	24 Corndogs Potato Salad Baked Beans Pickled Okra Cantaloupe
27 Chili with Beans Onions, Jalapenos, Cheese Fiesta Corn Oatmeal Squares Mixed Fruit	28 Chicken Nuggets Mashed Potatoes and Gravy Sweet Peas Multi-Grain Rolls Applesauce	29 Turkey and Cheese Sandwiches Broccoli and Baby Carrots w/Dip Black-Bean Salad Pineapple Whip Jello		

Menu subject to change due to availability of food items. A fruit and vegetable bar is available with each meal. A variety of milk is offered with each meal. Extra milk or juice (when available) costs 30 cents.

Breakfast (\$1.00/1.50 adult)

Cereal & Toast Or Pre-Packaged
Donuts Offered As Daily
Alternatives

Apples, Oranges, and
Bananas offered daily with
breakfast.

Mondays:

Tuesdays:

Wednesdays:

Thursdays:

Fridays:

Sausage, Eggs, & Toast

Breakfast Pizza

Sausage & Egg Biscuits

Flapsticks

Biscuits & Gravy

SECOND ENTREES
AVAILABLE DAILY

MONDAY: PIZZA

TUESDAY: NACHOS

WEDNESDAY: HOTDOGS

THURSDAY: HAMBURGERS

FRIDAY: PIZZA



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