








**TAHLEQUAH MIDDLE SCHOOL LUNCH MENU**

**FEBRUARY 2012**

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Chunks Mashed Potatoes w/Gravy Steamed Zucchini Oat Rolls Peaches	2 Spaghetti and Beef Sauce Caesar Salad Italian Style Veggies Garlic Bread Pineapple Tidbits	3 Fish w/Tartar Sauce Brown Beans Coleslaw Cornbread Blueberry Delight
6 Chicken Fajitas Grilled Peppers and Onions Refried Beans Fiesta Corn Spiced Pears	7 Vegetable Beef Stew Crackers Winter Mix Veggies Apricot Halves Pudding	8 Open-Faced Turkey Sandwiches (Bread/Turkey/Mashed Potatoes/Gravy) Roasted Squash Strawberries	9 Smothered Beef Patties Seasoned Rice Brussel Sprouts Oat Rolls Cherry Crisp	10 Corn Dogs Tater Tots Picnic Beans Cucumber Salad Apple Wedges
13 BBQ Ribette Sandwiches Sweet Potato Fries Corn on the Cob Pickle Spears Orange Wedges	14 Roasted Chicken Broccoli and Cheese Casserole Sourdough Bread Mixed Berries Valentine's Cake 	15 Breaded Pork Chops w/Gravy Hot Buttered Rotini Asparagus Cheesy Biscuits Mandarin Oranges	16 Ravioli Spinach Salad Green Beans Multi-Grain Bread Grapefruit	17 Frito Chili Pie Cheese and Onions Black-Eyed Peas Mixed Fruit Jello
20 Beef Goulash Romaine Salad Green Beans Breadsticks Peaches	21 Grilled Cheese Sandwiches Tomato Soup Mixed Veggies Apricots Carrot Cake	22 Salisbury Steak Mashed Potatoes w/Gravy Steamed Spinach Wheat Rolls Pineapple Chunks	23 Chicken and Noodles Cheese Cubes California Blend Veggies Cornbread Strawberries (and Yogurt)	24 Taco Salad Northern Beans Fiesta Rice Cinnamon Chips Applesauce
27 Macaroni and Cheese Ham Slices Carrot Coins Corn Muffins Pears Slices w/Caramel Dip	28 Meatloaf Baked Sweet Potatoes Black-Bean Salad Oat Rolls Fruit Salad	29 Grilled Chicken Sandwiches Potato Soup Sweet Peas Pickled Okra Bananas		

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:

Scrambled Eggs & Sausage

Flapsticks

Breakfast Pizza

Biscuits and Gravy

Pancakes/Waffles

SECOND ENTREES  
AVAILABLE DAILY

MONDAY: CHEESE NACHOS

TUESDAY: PIZZA

WEDNESDAY: HAMBURGERS

THURSDAY: PIZZA

FRIDAY: HOTDOGS



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