

9th Grade Dragon Lunch Line

MIGHTY DRAGON BITES

2019
February



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Crispitos or Mexican Pizza Seasoned Carrots Seasoned Potato Wedges Fruit Milk	5 Ham or Popcorn Chicken Salad Pizza (Pepperoni or Supreme) Cheese Sticks Salad-Green Beans -Fruit--Milk	6 Burrito or Nacho Supreme Black Beans Seasoned Corn Fruit Milk	7 Enchiladas or Tamales & Chili Salad Jicama Spanish Rice Fruit/Milk	8 Cheese Burger or Spicy Chicken Sandwich Oven Fries Ranch Beans Baby Carrots Fruit/Milk
11 Crispy Taco or Empanada Street Corn Seasoned Potato Wedges Fruit Milk	12 Ham or Popcorn Chicken Salad Pizza (Pepperoni or Supreme) Cheese Sticks Salad-Green Beans -Fruit--Milk	13 Quesadilla or Mexican Combo Plate (1 Taco & 2 Tamales) Black Beans Seasoned Corn Fruit/Milk	14 Frito Pie or Southwest Chicken Flauta Salad Jicama Cornbread Muffin Fruit/Milk	15 Cheese Burger or Spicy Chicken Sandwich Oven Fries Ranch Beans Baby Carrots Fruit/Milk
18 No School	19 Ham or Popcorn Chicken Salad Pizza (Pepperoni or Supreme) Cheese Sticks Salad-Green Beans -Fruit--Milk	20 Burrito or Nacho Supreme Black Beans Seasoned Corn Fruit Milk	21 Enchiladas or Tamales & Chili Salad Jicama Spanish Rice Fruit/Milk	22 Cheese Burger or Spicy Chicken Sandwich Oven Fries Ranch Beans Baby Carrots Fruit/Milk
25 Crispy Taco or Empanada Street Corn Seasoned Potato Wedges Fruit Milk	26 Ham or Popcorn Chicken Salad Pizza (Pepperoni or Supreme) Cheese Sticks Salad-Green Beans -Fruit--Milk	27 Quesadilla or Mexican Combo Plate (1 Taco & 2 Tamales) Black Beans Seasoned Corn Fruit/Milk	28 Frito Pie or Southwest Chicken Flauta Salad Jicama Cornbread Muffin Fruit/Milk	1 MARCH Begins
4 Crispitos or Mexican Pizza Seasoned Carrots Seasoned Potato Wedges Fruit Milk	5 Ham or Popcorn Chicken Salad Pizza (Pepperoni or Supreme) Cheese Sticks Salad-Green Beans -Fruit--Milk	6 Burrito or Nacho Supreme Black Beans Seasoned Corn Fruit Milk	7 Enchiladas or Tamales & Chili Salad Jicama Spanish Rice Fruit/Milk	8 Cheese Burger or Spicy Chicken Sandwich Oven Fries Ranch Beans Baby Carrots Fruit/Milk

JOIN US FOR BREAKFAST EVERY MORNING

Nutrition Know How

A meal consists of 5 Components:

-  Meat
-  Grain
-  Vegetable
-  Fruit
-  Milk

A student must take at least three components of the menu and one of those components must be a fruit or vegetable.

Menu substitutions may occur.

Prices
-Free to all students
-Adult/Visitor \$3.75



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.