

FEBRUARY 2019

NHS Main Event

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

THE ROMAN MONTH FEBRUARIUS WAS NAMED AFTER THE LATIN TERM FEBRUUM, WHICH MEANS PURIFICATION, VIA THE PURIFICATION RITUAL FEBRUA HELD ON FEBRUARY 15 (FULL MOON) IN THE OLD LUNAR ROMAN CALENDAR.

4
Sausage On A Stick
Mini Riblets Or
Steak Fingers
Garden Salad
Roasted Potatoes
Chili Beans,
Peppered Gravy
Baby Carrots

5
Sausage Biscuit
Oven Fried Chicken
Or
Popcorn Chicken
Hot Roll
Mashed Potatoes W/
Gravy
Green Beans

6
French Toast Stick
W/ Smokies
Ravioli W/ Bread
Stick Or
Stuffed Crust Pizza
Seasoned Carrots
Corn, Garden Salad

7
Breakfast Pizza
Salisbury Steak or
Pork Chop
Augratin Potatoes
Turnip Greens
Cornbread Muffin

8
Asst. Muffin W/
Smokies
Grilled Cheese Or
Sub Sandwich
Turkey Tortilla Soup
Potato Smiles
Diced Pears
Baby Carrots

11
Sausage On A Stick
Mini Riblets Or
Steak Fingers
Garden Salad
Roasted Potatoes
Chili Beans,
Peppered Gravy
Baby Carrots

12
Donut W/ Smokies
Chicken Strips Or
Chicken Fried
Chicken
Hot Roll
Green Beans
Baby Carrots W/ Dip
Mac & Cheese/

13
Ham & Cheese
Croissant
Pizza Pocket Or
Spaghetti Bowl W/
Hot Roll
Corn
Garden Salad
Green Peas

14
Breakfast Pizza
General Tso'
Chicken Or
Chicken Teriyaki
Fried Rice, Salad
Sm Egg Roll (1) /
Mixed Veggie
Hot Roll

15
Honey Bun W/
Smokies
Stuffed Baked Potato
W/ Roll
Or Mini Corndog
Garden Salad
Baby Carrots
Baked Beans

18
No School

19
French Toast W/
Smokies
Dragon Asian Bowl
Or
Egg Roll (2)
Fried Rice
Stir Fry Vegetables
Garden Salad

20
Cheese Omelet W/
Sausage Link
Chicken Parmesan
W/ Penne Pasta W/
Texas Toast
Or Pizza
Savory Green Beans,
Carrot Coins

21
Breakfast Pizza
Chicken Fried Steak
Or
Chicken Nuggets
Mashed Potato W/
Gravy
Garden Salad
Corn on the Cob(2)
/ Biscuit

22
Honey Bun W/
Smokies
Stuffed Baked Potato
W/ Roll
Or Mini Corndog
Garden Salad
Baby Carrots
Baked Beans

25
Panckaes w/Links
Chili Dog or Mini Corn
Dogs
Curly Fries
Pinto Beans
Cornbread Muffin

26
Breakfast Burrito
Chicken Nuggets Or
Hamburger Steak W/
Gravy
Roasted Potatos
Garden Salad
Hot Roll

27
Cinnamon Roll W/
Smokies
Chicken Alfredo W/
Bread Stick Or
Pepperoni Hot
Pocket
Tuscan Vegetables
Garden Salad

28
Breakfast Pizza
Scrambled
Egg/Sausage Link Or
Ham & Cheese
Croissant
Seasoned Sweet
Potato Cubes
French Toast Sticks,
Jicama

1
Biscuit, Scrambled Eggs
and Sausage Patty
Boneless Chicken Wings
or Fish Sticks
Seasoned Carrots
Celery Sticks w/Dip
Texas Toast

Breakfast
Additional
Breakfast Entrees
Offered Daily:
Mini Donuts
Asst. Poptarts
Asst. Cereal

Breakfast also
includes
Additional fruits:
Fresh Fruit
Asst. Juice
Milk Variety

Every Tuesday
Breakfast Parfait

Lunch
Lunch also
includes:
Additional fruits:
Fresh Fruit
Asst. Juice
Milk Variety

***This institution is an
equal opportunity
provider.***