## **FEBRUARY 2019**

Free & Reduced forms available at any school office.
.40 for reduced meals

Adena Middle and High School

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
|   |  |  |   | Warrior Burger w/Pretzel Bun Or Fish Sand- Coleslaw/Fries Fruit/Milk Cookie Friday               |
| Quesadilla or<br>Cheeseburger<br>Salad-Salsa -<br>Juice<br>Milk                         | Chinese New Year!! 5 Beef & Broccoli OR Asian Chicken Rice/Lo Mein/ Asian Veg. Fortune Cookie/Fruit/Milk | Adena Bowl © 6 Popcorn Chicken Mashed Potatoes/Corn Gravy/Cheese/Roll Fruit/Milk | Mac & Cheese Bar!! Assorted Meat and Veggies Fruit Choice Milk                            | Chick(en) Filet Day Waffle Fries/Sauce Baked Beans Lettuce & Tomato Fruit/Milk/Cookie Friday     |
| Corn Dogs OR Cook's Choice Baked Chips Mixed Vegetables Fruit                           | Try it Tuesday! 12 Cajun Chicken Sand OR Grilled Cheese Fries Fruit/ Milk                                | Brunch OR Pizza Sweet Potato Puffs Juice Milk                                    | Triple Treat Burrito's Beef, Chicken, Pork OR Deli Sandwich Corn/Beans Fruit/Milk         | French Bread Pizza OR 15 Fish Taco w/ South Western Slaw Mixed Veggie's Fruit/Milk/Cookie Friday |
| No School!  President's Day   | Bosco Sticks w/Marina 19 OR Cheeseburger Corn Fruit Milk   | BBQ Sandwich OR Calzone Baked Beans/ Spicy Carrots Fruit/Milk                    | Marzetti w/ Meat Sauce 21<br>OR Chicken Parmesan<br>Sandwich<br>Salad/ Roll Fruit<br>Milk | French Bread Pizza OR 22 Quesadilla Green Beans Fruit/Milk Cookie Friday                         |
| Mini Corndogs OR Hat Cheese Stuffer Baked Beans/ Salad Cauliflower w/ Cheese Fruit/Milk | Dippin Day!! 26 Soft Pretzels w/ Cheese OR Chef's Choice Broccoli & Ranch Apples & Dip/ Milk             | Walking Taco © 27 Meat, Cheese & Beans OR Meat Ball Sub Corn/Fruit/Milk          | Lasagne OR Drumstick 28 Green Beans/ Roll Ranch Fries Salad Fruit/Milk                    |  |

We also offer side salads a weekly entrée salad and munchables. We encourage students to eat more vegetables and offer a "vegetable of the day." Parents are encouraged to Pay On Their Children's Accounts in Either the Cafeteria or Through the PAYPAMS website. Lunch E.S.\$2.75 M.S. & H.S. \$3.00