

February 2018

Cross County School District



This institution is an equal opportunity provider.
 Menus are subject to change without notice
 Meal Price: Reduced student: \$.40 Paid student: \$1.75.
Extra milk: \$.40



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

GRAB & GO OFFERED ONLY AT HIGH SCHOOL!



Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Nuggets
 Mashed Potatoes
 Green Beans & Roll
 Fruit & Milk

1

Grab & Go: Cheeseburger

Cheeseburger
 Lettuce & Tomato
 French Fries
 Fruit & Milk

2

Grab & Go: Spicy Chicken Sandwich

Chili
 Grilled Cheese Sandwich
 Corn
 Fruit & Milk
 Cookie

5

Grab & Go: Hamburger

Beef Nachos w/cheese
 Lettuce & Tomato
 Refried Beans
 Fruit & Milk

6

Grab & Go: Breaded Chicken Sandwich

Hot Dogs
 Baked Beans
 Coleslaw
 Fruit & Milk

7

Grab & Go: Turkey Wrap w/ranch

Crispitos
 Mac & Cheese
 Steamed Broccoli
 Fruit & Milk

8

Grab & Go: Cheeseburger

Bacon Cheeseburger
 Lettuce & Tomato
 French Fries
 Fruit & Milk

9

Grab & Go: Spicy Chicken Sandwich

Ham & Cheese Sandwich
 Lettuce & Tomato
 Steamed Carrots
 Fruit & Milk

12

Grab & Go: Hamburger

Vegetable Beef Soup
 Grilled Cheese Sandwich
 Fruit & Milk
 Blueberry Cobbler

13

Grab & Go: Breaded Chicken Sandwich

Chicken Fajitas
 Lettuce & Tomato
 Refried Beans
 Fruit & Milk

14

Grab & Go: Turkey Wrap w/ranch

Popcorn Chicken
 Mashed Potatoes
 Green Beans & Roll
 Fruit & Milk

15

Grab & Go: Cheeseburger

Hamburger
 Lettuce & Tomato
 Tator Tots
 Fruit & Milk

16

Grab & Go: Spicy Chicken Sandwich

Pepperoni Pizza
 Tossed Salad
 Corn
 Fruit & Milk

19

Grab & Go: Hamburger

Sub Sandwiches
 Lettuce & Tomato
 Pinto Beans
 Fruit & Milk

20

Grab & Go: Breaded Chicken Sandwich

Lasagna
 Tossed Salad
 Green Beans & Bread Sticks
 Fruit & Milk

21

Grab & Go: Turkey Wrap w/ranch

Mexican Chicken
 Celery & Cucumbers
 Broccoli
 Fruit & Milk

22

Grab & Go: Cheeseburger

Cheeseburger
 Lettuce & Tomato
 Tator Tots
 Fruit & Milk

23

Grab & Go: Spicy Chicken Sandwich

Spaghetti w/meat sauce
 Tossed Salad
 Green Beans & Garlic Bread
 Fruit & Milk

26

Grab & Go: Hamburger

Taco Soup
 Tortilla Chips & Salsa
 Pinto Beans
 Cinnamon Roll
 Fruit & Milk

27

Grab & Go: Breaded Chicken Sandwich

Chicken & Dumplings
 Corn Bread
 Black Eyed Peas
 Steamed Broccoli
 Fruit & Milk

28

Grab & Go: Turkey Wrap w/ranch

