

# NEB High School Lunch Menu February 2019



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## Cake Pops



Available Throughout the Month of February



Yogurt Parfait with Dinner Roll  
Peanut Butter & Jelly Sandwich  
Assorted Wraps & Hoagies

## Assorted Salads

All Entrees include your choice of Fruits, vegetables and milk as part of a reimbursable meal!

## Whole Grains Offered Daily

We serve Fresh Produce from Local Farms based on crop availability. We proudly serve greens delivered fresh from Northern Tier Greens!

MENUS SUBJECT TO CHANGE 1.15.19

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Come Celebrate Chinese New Year in the Cafeteria on February 7th</b>		<b>2/1</b> Chicken and Waffles Mashed Potatoes w/Gravy Chilled Pears Low Fat Milk  <i>Fresh BITES</i>
<b>2/4</b> French Toast Sticks w/ Sausage Patties Crispy Tater Tots Mixed Berries Low Fat Milk	<b>2/5</b> Walking Taco w/Bread Golden Corn Niblets Chilled Peaches Low Fat Milk	<b>2/6</b> Italian Dunkers w/ Sauce Steamed Broccoli Pineapple Tidbits Low Fat Milk	<b>2/7</b> Beef Stir Fry w/Rice Oriental Vegetables Mandarin Oranges Low Fat Milk  <b>Chinese New Year</b>  <i>Fresh BITES</i>	<b>2/8</b> Chicken Spiedie Sub Sweet Potato Fries Fruited Jello Low Fat Milk  <i>Fresh BITES</i>
<b>2/11</b> Pierogies w/Dinner Roll Roasted Carrot Slices Apple Crisp Low Fat Milk	<b>2/12</b> Chicken or Beef Fajitas Buttered Corn Sliced Peaches Low Fat Milk	<b>2/13</b> French Bread Pizza Steamed Peas Pineapple Tidbits Low Fat Milk	<b>2/14</b> Sweet and Sour Chicken w/Rice Steamed Broccoli Chilled Peaches Low Fat Milk	<b>2/15</b> Baked Ziti w/Garlic Bread Seasoned Green Beans Fruit Cocktail Low Fat Milk  <i>Fresh BITES</i>
<b>2/18</b> Oven Fried Chicken Dinner Roll Mashed Potatoes w/Gravy Apple Crisp Low Fat Milk	<b>2/19</b> Beef and Cheese Soft Tacos Vegetarian Beans Chilled Pears Low Fat Milk	<b>2/20</b> Assorted Pizza Featuring (Meat Lover's Pizza) Steamed Corn Cinnamon Apple Slices Low Fat Milk	<b>2/21</b> Pulled Pork Mac and Cheese in a Waffle Cone Steamed Peas Fruit Cocktail Low Fat Milk  	<b>2/22</b> Chili Cheese Bowl w/Rice and Bread Steamed Mixed Vegetables Pineapple Tidbits Low Fat Milk
<b>2/25</b> Loaded beef and Cheese Fries w/ Dinner Roll Steamed Green Beans Fruited Jello Low Fat Milk	<b>2/26</b> Beef Taco Salad w/Bread Fiesta Rice Buttered Corn Sliced Apples Low Fat Milk	<b>2/27</b> Italian Dunkers w/ Sauce Steamed Broccoli Pineapple Tidbits Low Fat Milk	<b>2/28</b> Grilled Cheese Sandwich Tomato Soup Steamed Peas Mandarin Oranges Low Fat Milk	
<b>Pulled Pork BBQ Sandwich</b>	<b>Chicken Tenders w/Sliced Bread</b>	<b>Meatball Sub w/Cheese</b>	<b>Chicken Patty Sandwich Spicy and Regular</b>	<b>Mini Corn Dog Nuggets</b>

## Accompaniments

**MONDAY:** Legume Salad  
**TUESDAY:** Fresh Broccoli Florets  
**WEDNESDAY:** Cucumber Slices  
**THURSDAY:** Garden Tossed Salad  
**FRIDAY:** Fresh Baby Carrots

\*Must take at least one 1/2 cup of fruit or vegetable with each reimbursable meal.

**\*Vegetable Bar includes:**  
Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery,  
Cucumber

**\*Fruits include:**  
Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce



**Milk Choices Offered Daily:**  
1% white, non-fat white, and 1% flavored.

**Proud to manage your food service program**  


**Lunch Prices: Paid \$2.50 Reduced \$ .40**

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE