

FEBRUARY 2019

EGG HARBOR TOWNSHIP HIGH SCHOOL

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Menu Prices Are: Full Lunch \$3.50 Reduced Lunch \$.40 Choice of Milk \$.60 Fresh Fruit Offered Daily	Menu Subject to Change	MILK CHOICES ARE: 1% LOW-FAT WHITE, SKIM, NON FAT CHOCOLATE & LACTAID MILK AVAILABLE		1 CHICKEN PARMESAN ON A KAISER ROLL SAUTÉED SPINACH SEASONED GREEN PEAS CHILLED APPLE JUICE CHOICE OF MILK
WEEKLY ALTERNATES:	PERSONAL PIZZAS	SALAD BAR	SANDWICHES MADE TO ORDER	FRESH GRILL
4 PEPPER JACK CHEESEBURGER ON A BUN "FREE BAG OF CHIPS" SEASONED TATAR ROUNDS SEASONED CARROTS CHILLED ORANGE SLICES CHOICE OF MILK	5 GRILLED CHEESE TOMATO SOUP SEASONED SPINACH CHILLED APPLE SAUCE CHOICE OF MILK	6 BAKED BBQ'D CHICKEN FLUFFY RICE FRESH CARROTS GREEN BEANS CHILLED ORANGE SLICES CHOICE OF MILK	7 BAKED POTATO BAR CHILI, SHREDDED CHEDDAR, SOUR CREAM, SALSA, BROCCOLI, MIXED FRUIT, DINNER ROLL CHOICE OF MILK	8 PULLED PORK ON A KAISER ROLL COLE SLAW CRINKLE CUT FRIES APPLE SAUCE CHOICE OF MILK
WEEKLY ALTERNATES:	PERSONAL PIZZAS	SALAD BAR	SANDWICHES MADE TO ORDER	FRESH GRILL
11 MEATBALL SUBMARINE ONION RINGS SEASONED PEAS FRESH BANANA CHOICE OF MILK	12 CHEESE STEAK BAKED BEANS SAUTÉED ONIONS CHILLED ORANGE SMILES CHOICE OF MILK	13 ITALIAN BREAD STICKS MOZZARELLA CHEESE, RED SAUCE SEASONED GREEN BEANS, CHILLED BLUEBERRY CUP CHOICE OF MILK	14 FLUFFY PANCAKES BREAKFAST SAUSAGE, SYRUP, TATER TOTS APPLE JUICE, FRESH BANANA CHOICE OF MILK	15 BATTERED FISH FILET ON A BUN W/ TARTAR SAUCE TATER TOTS SAUTÉED' SPINACH CHILLED FRESH APPLE CHOICE OF MILK
WEEKLY ALTERNATES:	PERSONAL PIZZAS	SALAD BAR	SANDWICHES MADE TO ORDER	FRESH GRILL
18 No School President's Day	19 CHICKEN PATTY ON A BUN VEGETARIAN BEANS SEASONED CARROTS FRESH BANANA CHOICE OF MILK	20 GRILLED CHEESE SANDWICH TOMATO SOUP GREEN PEAS CHILLED PEACHES CHOICE OF MILK	21 HOT HAM & CHEESE ON A PRETZEL BUN "FREE BAG OF CHIPS" SEASONED POTATO SMILES FRESH APPLE CHOICE OF MILK	22 1/4 POUND CHILI CHEESE DOG ON A BUN SEASONED FRIES SEASONED GREEN PEAS CHILLED PEACHES CHOICE OF MILK
WEEKLY ALTERNATES:	PERSONAL PIZZAS	SALAD BAR	SANDWICHES MADE TO ORDER	FRESH GRILL
25 PEPPER JACK CHEESE BURGER ON A BUN "FREE BAG OF CHIPS" TATER TOTS SEASONED CORN CHILLED APPLE SAUCE CHOICE OF MILK	26 ITALIAN BREAD STICKS MOZZARELLA CHEESE, RED SAUCE SEASONED GREEN BEANS, CHILLED BLUEBERRY CUP CHOICE OF MILK	27 TWIN HARD TACO'S SALSA, SHREDDED CHEDDAR, SOUR CREAM, LETTUCE & TOMATO SEASONED CORN CHOICE OF MILK	28 CREAMY MACARONI & CHEESE STEWED TOMATOES SEASONED CARROTS CHILLED PEARS CHOICE OF MILK	
WEEKLY ALTERNATES:	PERSONAL PIZZAS	SALAD BAR	SANDWICHES MADE TO ORDER	FRESH GRILL

Thomas M. Beck, Director of Dining Services
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