

**Monday**

**Tuesday**

**Wednesday**


**Thursday**

**Friday**

**February 21<sup>st</sup>**

**Action station don't miss it!**

**4**  
 Cheese Tortellini  
 Garlic and herb sauce  
 Wheat roll, steamed veggie  
 Milk, fresh fruit, veggie dippers  
 Salad of the week,  
 Chicken, Orzo & Arugula  
 w/ Lemon dressing

**5**  
  
 Loaded baked potato  
 W/ chili & cheese  
 Or broccoli & cheese  
 Garden salad  
 Milk, fresh fruit, veggie dippers  
 Sandwich of the week,  
 BBQ boneless rib, Onion roll

**6**  
 Hot open face turkey  
 Sandwich  
 Pumpkin ravioli brown butter  
 Steamed vegetable  
 Milk, fresh fruit, veggie dippers

**7**  
 Beef Stroganoff  
 Egg noodles, side salad  
 Siracha Tofu Kabob, rice  
 Milk, fresh fruit, veggie dippers

**8**  
 Whole grain pizza  
 Chef's choice salad  
 Milk, fresh fruit, veggie dippers

**11**  
 Macaroni & cheese  
 Green beans  
 Whole wheat roll  
 Milk, fresh fruit, veggie dippers  
 Salad of the week,  
 Spinach w/ Seafood salad

**12**  
 Grilled chicken Teriyaki  
 Sandwich  
 Vegan Falafel sandwich  
 Asian Cole slaw  
 Milk, fresh fruit, veggie dippers  
 Sandwich of the week,  
 Turkey & Swiss melt, Croissant

**13**  
 Pasta Marinara  
 With meatballs  
 Steamed vegetable  
 Tofu parmesan sandwich  
 Milk, fresh fruit, veggie dippers

**14**  
 Toasted cheese sandwich  
 Potato chips  
 Tomato soup  
 Milk, fresh fruit, veggie dippers

**15**  
 White pizza w/ garlic  
 Chef's choice salad  
 Milk, fresh fruit, veggie dippers

**18**  
 Baked cheese Manicotti  
 Wheat roll  
 Garden salad  
 Milk, fresh fruit, veggie dippers  
 Salad of the week,  
 Taco chicken salad

**19**  
 Soft Turkey Taco  
 Dirty rice  
 Sweet potato, black bean Burrito  
 Milk, fresh fruit, veggie dippers  
 Sandwich of the week,  
 Chipotle chicken, Avocado melt

**20**  
 KFC chicken bowl  
 Mashed potato, corn  
 Vegan stuffed Portobello mushroom  
 Milk, fresh fruit, veggie dippers

**21**  
 Oven roasted Hot dog  
 Crispy French fries  
 Tomato Bruschetta melt  
 Milk, fresh fruit, veggie dippers  
 Action station,  
 Walk about Nachos

**22**  
 French bread pizza  
 Chef's choice salad  
 Milk, fresh fruit, veggie dippers

**25**  
 No School  
 February break

**26**  
 No school  
 February break

**27**  
 No School  
 February break

**28**  
 No school  
 February break



This institution is an equal opportunity employer.  
 1% fat free milk, fat free flavored milk, 100 % fruit juice served daily.  
 Fresh fruit, veggie dippers and side salads served daily.  
 Salad bar & Deli bar served daily.

School lunch menus are available to everyone every day, also view our menu's on the WHS school website  
 Hot soup served daily.  
 Vegetarian options are available daily.  
 Gluten free pasta available on Mondays as well as pizza on Fridays.