

FEBRUARY 2024

Mingus Union High School

LUNCH



Meal Prices:

Breakfast
Lunch

Students

\$1.50
\$3.00

Adults

\$3.00
\$5.00



February is American Heart Month. Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Daily Entrée Choices:

Grilled Cheese
Hamburger or Cheeseburger
Spicy or Regular Chicken Sandwich
Chef Salad
Deli Sandwich
PB & J Uncrustable

Teriyaki Chicken Rice
Bowl w/ Egg Roll

French Bread Pizza

Lettuce & Tomato
Broccoli & Cauliflower

Tossed Salad
Oven Baked Fries

Chicken Tenders w/
Dinner Roll

Carrot & Celery Sticks
Oven Baked Fries

Beefy Nachos

Refried Beans
Lettuce & Tomato

Honey BBQ Pork Rib
Sandwich

Lettuce & Tomato
Hashbrown Triangles

Orange Chicken Bowl

Broccoli & Cauliflower

Cheese Pizza Sticks
w/ Dipping Sauce

Tossed Salad
Green Beans

Popcorn Chicken & Mashed
Potato Bowl w/ Dinner Roll

Carrot & Celery Sticks
Sweet Potato Fries

Green Chili Cheese
Enchiladas

Refried Beans
Lettuce & Tomato

Valentine's Day

Chicken & Waffles

Tossed Salad
Oven Baked Tater Tots
Sweet Treat

Korean Chicken Bowl

Broccoli &
Cauliflower Medley

Chicken Wings w/ Roll

Tossed Salad
Oven Baked Curly Fries

*Presidents'
Day*

Beefy Nachos

Refried Beans
Lettuce & Tomato

Hot Dog w/ Chips

Lettuce & Tomato
Oven Baked Tater Tots

Orange Chicken Bowl

Broccoli & Cauliflower

Corn Dog

Tossed Salad
Sweet Potato Fries

Chicken Nuggets w/
Roll

Carrot & Celery Sticks
Oven Baked Fries

Doritos Walking Taco

Refried Beans
Lettuce & Tomato

Big Daddy Cheese or
Pepperoni Pizza

Carrot & Celery Sticks
Sweet Potato Fries

Egg Rolls w/ Veggie
Fried Rice

Tossed Salad
Broccoli & Cauliflower

Offered Daily:

Assorted Fresh & Canned
Fruits
1% White Milk
Fat Free Strawberry Milk
Fat Free Chocolate Milk