






February

MCGREGOR JUNIOR HIGH LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 S - NACHOS W GROUND BEEF SPANISH RICE S-CHICKEN NUGGETS G- WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - STEAMED BROCCOLI G - SEAS. GREEN BEANS G-MASHED POTATOES G-CHILLED APPL ESAUCE G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%	2 S - CHEESE BURGER S - FISH FINGERS G - GRAHAM CRACKERS 3 CT S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-CELERY STICKS G - LETTUCE & TOMATO S - POTATO ROUNDS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%
5 S - CHICKEN ON BUN S - STEAK FINGERS G- WHOLE GRAIN ROLL S-PEPPERONI PIZZA WEDGE S- CHEESE PIZZA G - BAKED BEANS S-POTATOES A U GRATIN G-ROMAINE/SPINACH SALAD G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF	6 S - LASAGNA W GRND BEEF S-CHICKEN NUGGETS G- WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - STEAMED BROCCOLI G-CARROT COINS G-MASHED POTATOES G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%	7 S-BEEF TACO S - STEAK FINGERS G- WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G - W/K CORN G - SEAS. PINTO BEANS G-ROMAINE/SPINACH SALAD G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF	8 S - CHICKEN FRIED STEAK S-CHICKEN NUGGETS G- WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-MASHED POTATOES G - SEAS. GREEN BEANS G-CARROT STICKS G-CHILLED APPL ESAUCE G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%	9 S - CHEESE BURGER S - FISH FINGERS G - GRAHAM CRACKERS 3 CT S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD S - POTATO ROUNDS G - LETTUCE & TOMATO G-CELERY STICKS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%
12 S - CORN DOG S - STEAK FINGERS G- WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-CARROT COINS G - SEAS. GREEN BEANS G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF	13 SLOPPY JOE ON A ROLL S-CHICKEN NUGGETS G- WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - SEAS. GREEN BEANS G-MASHED POTATOES G - W/K CORN G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%	14 S - FRITO PIE S - CORNBREAD S - STEAK FINGERS S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE REFRIED BEANS G-ROMAINE/SPINACH SALAD G-MASHED POTATOES G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF	15 S - SPAGHETTI W MEAT S-CHICKEN NUGGETS G- WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - W/K CORN G - SEAS. PINTO BEANS G - STEAMED BROCCOLI G-CHILLED APPL ESAUCE G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%	16 S - CHEESE BURGER S - FISH FINGERS Crackers W/G S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - LETTUCE & TOMATO S - POTATO ROUNDS G-CARROT STICKS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%
19 STUDENT HOLIDAY	20 S - CHICKEN SPAGHETTI S-CHICKEN NUGGETS S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G- WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G - W/K CORN G - SEAS. GREEN BEANS G-MASHED POTATOES G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%	21 S - BEEF ENCHILADAS S - STEAK FINGERS Crackers W/G S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD REFRIED BEANS G-MASHED POTATOES G-CELERY STICKS G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%	22 S - NACHOS W GROUND BEEF SPANISH RICE S-CHICKEN NUGGETS G- WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - STEAMED BROCCOLI G - SEAS. GREEN BEANS G-MASHED POTATOES G-CHILLED APPL ESAUCE G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA	23 S - CHEESE BURGER S - FISH FINGERS G - GRAHAM CRACKERS 3 CT S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-CELERY STICKS G - LETTUCE & TOMATO S - POTATO ROUNDS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%
26 S - CHICKEN ON BUN S - STEAK FINGERS G- WHOLE GRAIN ROLL S-PEPPERONI PIZZA WEDGE S- CHEESE PIZZA G - BAKED BEANS S-POTATOES A U GRATIN G-ROMAINE/SPINACH SALAD G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF	27 S - LASAGNA W GRND BEEF S-CHICKEN NUGGETS G- WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - STEAMED BROCCOLI G-CARROT COINS G-MASHED POTATOES G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%	28 S-BEEF TACO S - STEAK FINGERS G- WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G - W/K CORN G - SEAS. PINTO BEANS G-ROMAINE/SPINACH SALAD G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF		

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (http://www.ocio.usda.gov/sites/default/files/docs/2012/Complain_combined_6_8_12.pdf), (AD-3027) found online at http://www.nor.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410; (2) fax: (202) 690-7442; or (3) email: programintake@usda.gov or programsints@usda.gov. This institution is an equal opportunity provider.

DC: 20250-9410; (2) fax: (202) 690-7442; or (3) email: programintake@usda.gov or programsints@usda.gov. This institution is an equal opportunity provider.