





# Laconia High School February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	
			<b>USDA is an equal opportunity provider and employer</b>	<b>1</b> <i>Chicken Caesar Salad or Roast Beef and Swiss</i>	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	
<b>Popcorn Chicken Salad or Thin 'n Trim Buffalo Chicken Sandwich</b>					
Mandarin orange chicken bowl Brown rice Broccoli Salad bar Choice of fruit	French toast sticks Lite sausage links Hash brown patty Baked beans Fresh fruit bar	Meatball sub Whole grain roll Oven fries Salad bar Choice of fruit	Fiery chicken wrap Lettuce, tomato Ranch dressing Baked chips Choice of fruit	Hamburger or cheeseburger Lettuce, tomato Whole grain bun Spicy fries Choice of fruit	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	
<b>Alternates: Mandarin Chicken Salad or Turkey &amp; Cheese Sandwich</b>					
Chicken Wing Ding basket Oven fries Cole slaw Whole grain roll Choice of fruit	Soft shell beef taco boat Cheese, lettuce, Tomato, salsa Black bean & corn salad Brown rice Choice of fruit	Chicken BLT Pretzel Roll Oven Fries Salad Bar Choice of fruit	Sloppy Joe Whole grain bun Oven fries Salad bar Choice of fruit	Spicy chicken Sandwich Whole grain bun Lettuce tomato Oven fries Choice	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	
<b>Alternates: Chef Choice Salad and Sandwich</b>					
General Gau's chicken bowl Broccoli Brown rice Choice of fruit	Hot Dog Whole grain bun Cole slaw Baked beans Oven fries Choice of fruit	Chicken sliders Whole grain bun Potato puffs Coleslaw Choice of fruit	Hot BBQ roast beef sandwich Cheese Oven fries Choice of fruit	Macaroni & cheese 4 oz. yogurt White whole grain roll California vegetables Choice of fruit	
		<h2 style="margin: 0;">Have a Great Winter Vacation!</h2>			

**Breakfast**


**Breakfast Offered Daily:**  
*Choice of:*  
Assorted Breakfast Sandwiches  
Make your own Waffle  
French Toast Sticks  
Bagel and Cream Cheese  
Homemade Muffin  
Choice of Cereal with Toast  
or English Muffin

*All breakfasts include fruit or juice  
and choice of milk*

All meals served with choice of skim,  
1% or fat-free flavored milk.

Lunch: \$3.25,  
Reduced: \$.40.  
Breakfast: \$2.00, Reduced \$.30.  
Cold Lunch Milk: \$.50

Free after school suppers available to all  
students participating in PM activities  
sponsored by:



  
 WHIRL • CLASS  
 BLENDED DRINKS

**SMOOTHIES**



REAL FRUIT | NO SUGAR ADDED | FRUIT & BLENDING | ALLERGY FREE

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Cheese or Chicken Quesadilla	Gill's School Baked Pizza	Top N Go Beef & Cheese Nacho Bag	Gill's School Baked Pizza	Chicken Burger or Fish Sandwich
<b>Mozzarella Sticks w/ Sauce</b>	<b>Chicken Fries</b>	<b>Pizza Mini Bagels</b>	<b>Wild Mike's Pizza Bites</b>	<b>French Bread Pizza</b>