

February 2017 Lunch Menu **PS7 Middle School**

February 2017



Cold Sandwiches & Wraps Made Fresh

Daily Sandwiches

Pastrami & Cheese Salami & Cheese Ham & Cheese Turkey & Cheese Tuna Salad Sandwich

Wraps

Selections Rotate BBQ Chicken Wrap Buffalo Chicken Wrap Chicken Caesar Wrap Chipotle Chicken Wrap Santé Fe Turkey Wrap



Daily Salad Bar with Condiments

Today's Feature

Monday Carrots & Beans Tuesday Broccoli & Celery

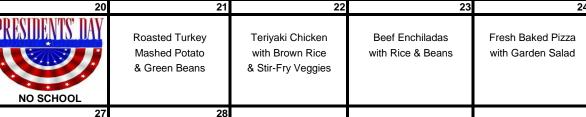
Wednesday

Tomatoes & Cucumbers Thursday Salad & Beans Friday

Carrots & Celery

Favorite Comfort Foods & International Flavors Served

		1	2	3
JOSE OF DO	ppy widenes	Mac-n-Cheese with Green Beans & Dinner Roll	Chicken Parmesan with Penne Pasta & Dinner Roll	Fresh Baked Pizza with Caesar Salad
6	7	8	9	10
Chicken Alfredo with Broccoli & Dinner Roll	Chili Cheese Dog with Baked Beans & Fresh Sautéed Vegetables	Chicken Strip Basket with Baked Fries Green Bean & Dinner Roll	Spaghetti & Meatballs with Fresh Vegetables	Fresh Baked Pizza with Garden Salad
13	14	15	16	17
Sloppy Joes with Mashed Potatoes	Mac-n-Cheese with Veggie Medley & Dinner Roll	Italian Meatball Sub with Green Salad & Dinner Roll	Beef Macho Nachos Mexican Style Rice & Spicy Beans	Fresh Baked Pizza with Caesar Salad
20	21	22	23	24
PRESIDENTS' DAY	Roasted Turkey	Teriyaki Chicken	Reef Enchiladas	Fresh Baked Pizza



Chicken Pasta Bake Triple Grilled Cheese with Garlic Bread with Baked Fries

BREAKFAST Student Prices \$1.50 Paid \$0.30 Reduced* Adult/Staff \$2.50

LUNCH **Student Prices** \$2.55 Paid \$0.40 Reduced* Adult/Staff \$3.25



Classic Cheese pizza, Veggie and Pepperoni pizza served on Friday All pizza made w/ reduced fat cheese & whole grain crust. Includes salad bar.

Specials

Week 1 Buffalo Chicken Week 2 Italian Sausage Week 3 Meatball Week 4 Hawaiian

Week 5 BBQ Chicken



Includes daily potato choice and salad bar.

Specials

Monday: Chicken Sandwich

Tuesday: Hamburger or Cheeseburger

Wednesday: Turkey Corn Dog Thursday: BBQ Riblet Sandwich Popcorn Chicken Daily:



Fresh Food Fast- Packaged for Grab N' Go (Salads served with a dinner roll)

Specials

Monday: Asian Chicken Salad Tuesday: Ham & Turkey Chef Salad

Spinach Salad Wednesday:

Thursday: Satsuma Cobb Salad

Daily Chicken Caesar Salad



Questions please call: **Director of Dining Services** 916.649.7844

USDA and this institution are equal opportunity providers. *You may qualify for free or reduced price meals. Applications are available at all schools and the district office. Low-fat milk is served with every breakfast and lunch. Some menu items may change due to availability of products.