

# Unatego MS/HS

## Lunch Menu

# February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>Sloppy Joe on a Bun Butter Noodles</p> <p>Self Serve Line Deli Bar</p>	<p><b>2</b></p> <p>Chicken Fajita Over Rice Dinner Roll</p> <p>Self Serve Line Deli Bar</p>	<p><b>3</b></p> <p>Rotini w/ Meat sauce Italian Bread</p> <p>Self Serve Line Deli Bar</p>	<p><b>4</b></p> <p><u>Breakfast for Lunch</u></p> <p>French Toast Sticks, Tator Tots &amp; Sausage &amp; warm cinnamon apples</p> <p>Self Serve Line Deli Bar</p>	<p><b>5</b></p> <p>Pepperoni Roll w/ dipping sauce</p> <p>Self Serve Line Deli Bar</p>
<p><b>8</b></p> <p>Hot Dog w/ Cheese or Chili on a bun Buttered Noodles</p> <p>Self Serve Line Deli Bar</p>	<p><b>10</b></p> <p><u>Ultimate Chicken Bowl</u> (mashed potatoes, chicken, corn &amp; gravy) Dinner Roll</p> <p>Self Serve Line Deli Bar</p>	<p><b>10</b></p> <p>Spicy Chicken Patty on a Bun Onion Rings</p> <p>Self Serve Line Deli Bar <u>Activity Day</u></p>	<p><b>11</b></p> <p>Soft Shell Taco w/ meat and cheese Assorted toppings</p> <p>Self Serve Line Deli Bar</p>	<p><b>12</b></p> <p>Assorted Pizza</p> <p>Self Serve Line Deli Bar</p>
<p><b>15</b></p> <p>No School</p>	<p><b>16</b></p> <p>Chicken Tenders French Fries Dinner Roll</p> <p>Self Serve Line Deli Bar</p>	<p><b>17</b></p> <p>Mozzarella Sticks w/ dipping sauce Italian Bread</p> <p>Self Serve Line Deli Bar</p>	<p><b>18</b></p> <p>Shrimp Poppers Pasta Salad Dinner Roll</p> <p>Self Serve Line Deli Bar</p>	<p><b>19</b></p> <p>Pepperoni Roll w/ dipping sauce</p> <p>Self Serve Line Deli Bar</p>
<p><b>22</b></p> <p>Nacho's w/ Meat &amp; Cheese And Assorted Toppings</p> <p>Self Serve Line Deli Bar</p>	<p><b>23</b></p> <p>Macaroni &amp; Cheese Slice of Ham</p> <p>Self Serve Line Deli Bar</p>	<p><b>24</b></p> <p>Sweet &amp; Sour Chicken Over Rice Dinner Roll</p> <p>Self Serve Line Deli Bar</p>	<p><b>25</b></p> <p>Yumbo (warm ham &amp; cheese on a bun) Cheesy Noodles</p> <p>Self Serve Line Deli Bar</p>	<p><b>26</b></p> <p>Assorted Pizza</p> <p>Self Serve Line Deli Bar</p>

### Guess What?

Your heart can beat up to 40,000,000 times per year!  
Roller-skating involves all of the body's muscles, especially the heart, and provides a complete aerobic workout.

### Available Daily:

#### Self Serve Line:

Hamburger / Cheeseburger  
Chicken Patty / Hot Wrap  
Variety of Salads

#### Deli Bar:

Ham, Turkey, Salami,  
Bologna, Tuna  
Choice of American or  
Provolone.

#### One Lunch Consists of:

1 Main Entrée  
2 Different Fruits and/  
Vegetables  
1 Milk

### School News

Only two Charged lunches are allowed on a students Account at any one time.

Pre-Pay Available for your convenience.

19x \$1.60 = \$30.40

19 x .25 = \$4.75

Breakfast FREE  
Lunch \$1.60  
Reduced \$ .25

