

Cafeteria Menu

Week 2

* Denotes Healthier Choice
 Calories noted in red.

Lunch 11:30-1:30

February 12, 2018		February 13, 2018		February 14, 2018		February 15, 2018		February 16, 2018	
Monday		Tuesday		Wednesday		Thursday		Friday	
Turkey Dressing Casserole		Beef Stew/ 1 cup-153	\$ 1.40	Chargrilled Chicken Salad		Spaghetti/½ cup-110	\$ 1.25	Baked Potatoes */161	\$ 0.90
Small/243	\$ 1.00	w/Noodles/ ½ cup--73	\$ 1.70	Small/511 egg , cheese	\$ 2.35	w/Sauce/½ cup-70	\$ 1.50	w/Cheese/¼ cup -40	\$ 1.35
Large/486	\$ 2.00	Italian Blend/142	\$ 0.65	Large/1023 egg, cheese	\$ 3.60	3 Meatballs/ ½ cup/300	\$ 1.95	w/Broccoli */40	\$ 1.35
Whipped Potatoes */85	\$ 0.70	Turkey Sandwich /White-258	\$ 1.50	No Egg, No Cheese /337		Breadsticks/ 140 each	\$ 0.40	w/Cheese & Broccoli/80	\$ 1.90
Mixed Vegetables */59	\$ 0.65	Wheat-228		w/fries +315	\$3.25	3 w/ sauce/ 490	\$ 1.30	Chili/250	\$ 1.50
Fish Sandwich/330- bun	\$ 1.65	Cream of Broccoli Soup/273	\$ 0.85			Broccoli & Cauliflower/ ½ cup	\$ 0.65	Batter Dipped Fish/210	\$ 1.60
Chili/250	\$ 1.50			Bacon Cheese Burger/550	\$ 1.95	Vegetarian Veg. Soup*/51	\$ 0.85	Coleslaw/41	\$ 0.70
						Turkey Sandwich	\$ 1.25		

Dinner 5:15-6:00

Monday		Tuesday		Wednesday		Thursday		Friday	
Sweet & Tangy Pork Chops	\$ 1.75	Country Fried Steak/250	\$ 1.60	Tuna Noodle Casserole		Baked Tilapia */112	\$ 1.70	Chargrilled Chicken */286	\$ 1.85
Au Gratin Potatoes/ ½ cup 161	\$ 0.70	Steak Fries/365	\$ 0.90	Small/175	\$ 0.80	Garden Rice/½ cup-100	\$ 0.70	Chargrilled Chicken Sandwich	\$ 2.00
Sauteed California Blend Veg	\$ 0.70	Corn/59	\$ 0.65	Large/350	\$ 1.50	Crinkle Cut Fries- small/150	\$ 0.50	on healthy bread*/526	\$ 2.25
Tuna Salad Sandwich	\$ 1.20			Carrots */35	\$ 0.65	large/300	\$ 0.90	Special	\$ 2.40
						Prince Edward Island Veg	\$ 0.75	Special with bread	\$ 2.55
						*/½ cup-25		White/426 Wheat/396	
								Bun/406	