
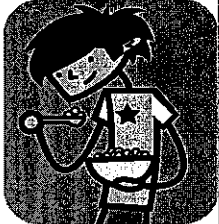


Jefferson, Heights, East, West February Menu

Mon	Tue	Wed	Thu	Fri
Lunch Prices: K-5: \$2.10 6-7: \$2.35 Reduced: \$.40		1 Whole Grain Mini Corn Dog Nuggets or Hot Ham & Cheese Sandwich, Baked Beans, Cole Slaw, Choice of Skim Milk	2 Soft Shell Taco <u>(NEW MENU ITEM)</u> or Hot Ham & Cheese on a Whole Wheat Bun, Refried Beans, lettuce, tomato, Fresh Pear, Choice of Skim Milk	3 Pizza on a Whole Grain Crust or Hot Ham & Cheese on a Whole Wheat Bun, Cucumber and Tomato Slices, Chilled Applesauce, Choice of Skim Milk
6 Ravioli w/ Meat Sauce or Chicken Sandwich in a Whole Wheat Bun, Steamed Broccoli, Fresh Michigan Apple, Choice of Skim Milk	7 Popcorn Chicken, Mashed Potatoes, Gravy & Whole Wheat Dinner Roll, Fresh Carrots & Celery, Grapes & Choice of Slim Milk	8 Monte Cristo Sandwich or Chicken Sandwich on a Whole Wheat Bun, Cucumber Slices, Petite Banana, Chilled 100 % Orange Juice & Choice of Skim Milk	9 Low-Fat cheese Stuffed Bosco Sticks with Marinara Dipping Sauce or Chicken Sandwich on a Whole Wheat Bun, Romaine Tossed Salad, Fresh Pear, & Choice of Skim Milk	10 Pizza or Chicken Sandwich on a Whole Wheat Bun, Baked Beans, Tropical Fruit, & Choice of Skim Milk
13 Whole Wheat Penne Pasta with Meat Sauce & Garlic Toast or Turkey Hot Dog on a Whole Wheat Bun, Steamed Carrots, Fresh Michigan Apple, Choice of	<i>14 Valentines Day Lunch!!</i> Heart Shaped Chicken Nuggets, Dinner Roll, Happy Smile Oven Fries, Fresh Watermelon, Heart Shaped Cookie, & Skim Milk	15 Grilled Cheese Sandwich w/ Tomato Soup or Turkey Hot Dog on a Whole Wheat Bun, Fresh Cucumber Slices, Chilled Apple-sauce, & Choice of Skim Milk	16 Scrambled Eggs w/ Whole Grain Waffles or Turkey Hot Dog on a Whole Wheat Bun, Hash Browns, Orange Wedges, Choice of Skim Milk	17 Cheese Pizza on a Whole Grain Crust or Turkey Hot Dog on a Whole Wheat Bun, Romaine & Spinach Salad, Black Bean Salad, Fresh
20 No School Mid Winter Break	21 Sloppy Joe Scoops <u>(NEW MENU ITEM)</u> or Chicken Nuggets, Baked Beans, Cole, Slaw, Fresh Peach & Choice of Skim Milk	22 Chicken Pot Pie or Chicken Nuggets, Mixed Vegetables, Petite Banana, Choice of Skim Milk	23 Beef & Cheese Nachos w/ Whole Grain Tortilla Chips or Chicken Nuggets, Tossed Romaine Salad w/ Tomatoes, Fresh Orange Wedges & Choice of Skim Milk	24 Pizza or Chicken Sandwich on a Whole Wheat Bun, Baked Beans, Tropical Fruit, & Choice of Skim Milk
27 Saucy Italian Meatballs with Whole Grain Pasta or Cheeseburger on a Whole Grain Bun, Green Beans, Fresh Michigan Apple, & Choice of Skim Milk	28 Oven Roasted BBQ Chicken w/ Whole Grain Dinner Roll or Cheeseburger on a Whole Grain Bun, Oriental Blend Vegetables, Chilled Tropical Fruit, Choice of Skim Milk	29 Home-Made Sheppard's Pie w/ Garlic Toast or Cheeseburger on a Whole Grain Bun, Peas, Mandarin Oranges, & Choice of Skim Milk		
<p>IN ADDITION TO THE MENU LISTED ABOVE, WE HAVE A FRESH FRUIT & VEGETABLE BAR & A HOLLAND FUN LUNCH (YOGURT, CHEESE, CRACKERS, CARROTS STICKS, FRUIT JUICE & CHOICE OF SKIM MILK) EVERYDAY AVIALBLE TO 6 & 7 GRADES DAILY (IN ADDITION TO ALL OTHER MENU OPTIONS) : SPICY CHICKEN SANDWICH ON WHOLE GRAIN BUN OR HAMBURGER ON A WHOLE WHEAT BUN.</p>				

		<p>1 Breakfast Bagel (Whole Grain Bagel, Egg, Cheese, Sau- sage) Fresh Fruit Skim Milk</p>	<p>2 Whole Grain Cream Cheese & Jelly Stuffer String Cheese Fresh Fruit Skim Milk</p>	<p>3 Whole Grain Mini Pancakes Low Fat Yogurt Fresh Fruit Skim Milk</p>
<p>6 Assorted Whole Grain Cereal or Whole Grain Cereal Bar Yogurt Fresh Fruit & Skim Milk</p>	<p>7 Breakfast Pizza on a Whole Wheat Crust Fresh Fruit Skim Milk</p>	<p>8 Breakfast Sandwich (Whole Wheat Eng- lish Muffin, Egg, Cheese) Fresh Fruit Skim Milk</p>	<p>9 Whole Grain Break- fast Round, String Cheese, 100% Fruit Juice Skim Milk</p>	<p>10 Whole Grain Waffle Low Fat Yogurt Fresh Fruit Skim Milk</p>
<p>13 Assorted Whole Grain Cereal or Whole Grain Cereal Bar Yogurt Fresh Fruit & Skim Milk</p>	<p>14 Pancake Wrap 100 % Orange Juice Skim Milk</p>	<p>15 Breakfast Bagel (Whole Grain Bagel, Egg, Cheese, Sau- sage) Fresh Fruit Skim Milk</p>	<p>16 Whole Grain Cream Cheese & Jelly Stuffer String Cheese Fresh Fruit Skim Milk</p>	<p>17 Whole Grain Mini Pancakes Low Fat Yogurt Fresh Fruit Skim Milk</p>
<p>20 Assorted Whole Grain Cereal or Whole Grain Cereal Bar Yogurt Fresh Fruit & Skim Milk</p>	<p>21 Breakfast Pizza on a Whole Wheat Crust Fresh Fruit Skim Milk</p>	<p>22 Breakfast Sandwich (Whole Wheat Eng- lish Muffin, Egg, Cheese) Fresh Fruit Skim Milk</p>	<p>23 Whole Grain Break- fast Round, String Cheese, 100% Fruit Juice Skim Milk</p>	<p>24 Whole Grain Waffle Low Fat Yogurt Fresh Fruit Skim Milk</p>
<p>27 Assorted Whole Grain Cereal or Whole Grain Cereal Bar Yogurt Fresh Fruit & Skim Milk</p>	<p>28 Pancake Wrap 100 % Orange Juice Skim Milk</p>	<p>29 Breakfast Bagel (Whole Grain Bagel, Egg, Cheese, Sau- sage) Fresh Fruit Skim Milk</p>		<p>Breakfast Prices: \$1.60 Reduced: \$.30</p>


Fun Food Facts

Bananas!!

1. Basically, the banana is raw starch somewhat like a raw potato.
2. Did you know that bananas are considered to be the greatest body builders among the fruit foods?
3. Bananas have tissue building ability. Serve daily and you will have better health and save money!
4. Do not keep bananas in the refrigerator.
5. Try a banana in the cafeteria on the 22nd.



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Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Lunch Prices: Full Price: \$2.35 Reduced: \$.40</p> <p>All menu options are available to all students.</p>	<p>1 Home Made Sheppards Pie, Fresh Baked Bread Stick, Peas, Mandarin Oranges</p> <p>Buffalo Chicken Pizza on a Whole Grain Crust</p> <p>Flat Bread BLT Sandwich</p> <p>Crispy Popcorn Chicken Salad</p>	<p>2 Low Fat Cheese Stuffed Bread Sticks with Dipping Sauce</p> <p>Pizza Bagel</p> <p>Bacon Cheeseburger on a Whole Wheat Bun</p> <p>Chef Salad with Home Made Muffin</p>	<p>3 "Build Your Own" Chicken Fajita: choose a soft shell tortilla or edible taco bowl, grilled peppers & onions, Refried Beans, fiesta rice, & Pico de Gallo</p> <p>French Bread Pizza</p> <p>Breaded Fish sandwich on a Whole Wheat Bun</p> <p>Chicken Caesar Salad with Bread Stick</p>
<p>6 Pasta Bar: Ravioli w/ Meat Sauce, Cheese Tortellini with white sauce, Whole Wheat Garlic Toast, Steamed Broccoli, Fresh Michigan Apple</p> <p>Ham & Cheese Stromboli</p> <p>Buffalo Chicken Sandwich</p> <p>Cobb Salad</p>	<p>7 "Make your own" Popcorn Chicken Bowl: Popcorn Chicken, Mashed Potatoes, Gravy, Corn, Carrots, Gravy, Whole Wheat Dinner Roll, & Baked Apple Slices</p> <p>Pepperoni & Cheese Calzone (made with whole grain)</p> <p>Mini Beef Sliders</p> <p>Santa Fe Turkey Salad w/ tortilla strips</p>	<p>8 Oriental Beef & Broccoli, Stir Fried Peppers & Onions, Vegetable Lo-Mein, Mandarin Oranges</p> <p>Buffalo Chicken Pizza on a Whole Grain Crust</p> <p>Monte Cristo Sandwich w/ Warm Fruit Crisp</p> <p>Crispy Popcorn Chicken Salad W/ Home Made Bread Slice</p>	<p>9 Low Fat Cheese Stuffed Bosco Sticks with Dipping Sauce, Steamed Seasoned Cauliflower, Fresh Grapes</p> <p>Mozzarella Cheese Flatbread</p> <p>Sloppy Joe on a Whole Wheat Bun w/ Seasoned Cauliflower</p> <p>Chef Salad with Home Made Muffin</p>	<p>10 Soft Shell Taco Bowl: Chicken or Beef Soft Shell Taco, Refried Beans, Spanish Rice</p> <p>French Bread Pizza</p> <p>Breaded Fish Sandwich on a Whole Wheat Bun w/ Spanish Rice & refried Beans</p> <p>Chicken Caesar Salad with Whole Grain Bread Stick</p>
<p>13 Whole Wheat Penne Pasta w/ Meat Sauce, Whole Wheat Garlic Toast, Steamed Green Beans, Chilled Pineapple</p> <p>Ham, Pepperoni & Cheese Pizza Stromboli</p> <p>Buffalo Chicken Sandwich on a Whole Wheat Bun w/ Baked Sweet Potato Fries</p>	<p>14 Oven Roasted Sliced Turkey, Whole Grain Bread Stuffing, Gravy, Sweet Potatoes, Fresh Peach</p> <p>Pepperoni Pizza on a Whole Grain Crust</p> <p>Mini Beef Sliders</p> <p>Riviera Salad</p>	<p>15 Sweet & Sour Popcorn Chicken, Stir Fried Oriental Vegetables, Rice, Mandarin Oranges</p> <p>Buffalo Chicken Pizza on a Whole Grain Crust</p> <p>Flat Bread Turkey BLT Sandwich w/ Stir Fry Vegetables</p>	<p>16 Breakfast for Lunch: Scrambled Eggs, Whole Grain Waffles, Oven Roasted Potatoes, Fresh Strawberries, Oranges Wedges</p> <p>Pizza Bagel</p> <p>Tijuana Philly Cheese Steak Sandwich w/ Oven Roasted Potatoes</p>	<p>17 Taco Salad Bowl: Edible tortilla Bowl, Seasoned Mexican Beef or Chicken, Pico de Gallo, Spanish Rice, Refried Beans, Black Beans</p> <p>Cheese Calzone (made with whole grain crust)</p> <p>Crunch Fish Sticks w/ Baked Sweet Potato Wedges</p>

Cobb Salad with Home-Made Blue Cheese Dressing & Baked Croutons		Crispy Popcorn Chicken Salad W/ Home Made Bread Slice	Chef Salad with Home Made Muffin	Chicken Caesar Salad with Whole Grain Bread Stick
20 No School	21 Ham Slice w/ Au Gratin Potatoes, Green Bean Casserole, Whole Grain Bread Stick, Fresh Michigan Apple Pepperoni Pizza on a Whole Grain Crust Chicken Nuggets w/ Green Beans Casserole Triple Decker Turkey Club Sandwich on Whole Wheat Bread	22 Home Made Chicken Pot Pie, Home Made Muffin, California Mixed Vegetables, Petite Banana Buffalo Chicken Pizza on a Whole Grain Crust Turkey Club Panini w/ California Mixed Vegetables Crispy Popcorn Chicken Salad W/ Home Made Bread Slice	23 Low Fat Cheese Stuffed Bosco Sticks with Dipping Sauce, Cauliflower, Orange Wedges Mozzarella Cheese Flatbread Chicken BBQ Chip w/ Cauliflower Chef Salad with Home Made Muffin	24 Build your own Nacho Bowl: Beef Taco Meat, Crunchy Corn Tortilla Shells (made with whole grain), Refried Beans, Black Beans & Spanish Rice, Pear French Bread Pizza Breaded Fish Sandwich on a Whole Wheat Bun w/ Spanish Rice & refried Beans Chicken Caesar Salad with Whole Grain Bread Stick
27 Saucy Italian Meatballs with Whole Grain Pasta, Riviera Vegetables, Fresh Michigan Apple Ham, Pepperoni & Cheese Pizza Stromboli Buffalo Chicken Sandwich on a Whole Wheat Bun w/ Riviera Vegetables Cobb Salad with Home-Made Blue Cheese Dressing & Baked Croutons	28 Oven Roasted BBQ Chicken, Corn Bread, Sweet Potatoes, Green Beans Pepperoni Pizza on a Whole Grain Crust Toasted Italian Meatball Sub on a Whole Wheat Crust Sante Fe Sa	29 Orange Chicken Stir Fry, Rice, Peas, Mandarin Oranges Buffalo Chicken Pizza on a Whole Grain Crust Cheese Pizza Crispy Popcorn Chicken Salad W/ Home Made Bread Slice		

CHICKEN SANDWICH (W/WHOLE GRAIN BREADING) ON A WHOLE WHEAT BUN, CHEESEBURGER ON A WHOLE WHEAT BUN, VEGETARIAN BLACK BEAN BURGER ON A WHOLE GRAIN BUN, MADE TO ORDER HAM & CHEESE WRAP OR SUB, MADE TO ORDER TURKEY & CHEESE WRAP OR SUB, AND YOGURT, GRANOLA, & FRUIT PARFAIT

SOUP & SALAD BAR: Holland High School has a full salad and soup bar every day. Our Salad Bar Features: Spinach & Romaine Salad, Cucumber Slices, Fresh Sliced Bell Peppers, Red Onions, Home Made Croutons, Assorted Composed Salads, Home Made Muffins and Sliced Home Made Bread, Home Made Salad Dressings, and Assorted Soups.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast Sandwich (Whole Wheat English Muffin, Egg, Cheese) Fresh Fruit Skim Milk	2 Whole Grain Breakfast Round, String Cheese, 100% Fruit Juice Skim Milk	3 Whole Grain Waffle Low Fat Yogurt Fresh Fruit Skim Milk
6 Assorted Cereal or Cereal Bar Yogurt Fresh Fruit & Skim Milk	7 Pancake Wrap 100 % Orange Juice Skim Milk	8 Breakfast Bagel (Whole Grain Bagel, Egg, Cheese, Sausage) Fresh Fruit Skim Milk	9 Whole Grain Cream Cheese & Jelly Stuffer String Cheese Fresh Fruit Skim Milk	10 Whole Grain Mini Pancakes Low Fat Yogurt Fresh Fruit Skim Milk
13 Assorted Cereal or Cereal Bar Yogurt Fresh Fruit & Skim Milk	14 Breakfast Pizza on a Whole Wheat Crust Fresh Fruit Skim Milk	15 Breakfast Sandwich (Whole Wheat English Muffin, Egg, Cheese) Fresh Fruit Skim Milk	16 Whole Grain Breakfast Round, String Cheese, 100% Fruit Juice Skim Milk	17 Whole Grain Waffle Low Fat Yogurt Fresh Fruit Skim Milk
20 No School	21 Pancake Wrap 100 % Orange Juice Skim Milk	22 Breakfast Bagel (Whole Grain Bagel, Egg, Cheese, Sausage) Fresh Fruit Skim Milk	23 Whole Grain Cream Cheese & Jelly Stuffer String Cheese Fresh Fruit Skim Milk	24 Whole Grain Mini Pancakes Low Fat Yogurt Fresh Fruit Skim Milk
27 Assorted Cereal or Cereal Bar Yogurt Fresh Fruit & Skim Milk	28 Breakfast Pizza on a Whole Wheat Crust Fresh Fruit Skim Milk	29 Breakfast Sandwich (Whole Wheat English Muffin, Egg, Cheese) Fresh Fruit Skim Milk		

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HOW TO PLACE YOUR ORDER: EMAIL foodorders@hollandpublicschools.org BY 1:30 THE DAY BEFORE WE WILL DELIVER YOUR LUNCH ORDER TO YOUR BUILDING'S CAFETERIA BEFORE LUNCH THE NEXT DAY</p>		<p>February 1 Crispy Popcorn Chicken Salad W/ Home Made Bread Slice (Spinach Romaine Blend Salad Mix, Diced Tomatoes, Sliced Cucumbers, Diced Onions & Peppers with Crispy Popcorn Chicken & Home-Made Ranch Dressing) Served with Fresh Fruit & Choice of Beverage</p>	<p>February 2 Chef Salad with Home Made Muffin (Romaine Lettuce Blend, Sliced Hard Boiled Egg, Tomatoes, Shredded Cheddar Cheese, Julienne Sliced Ham, Sliced Cucumber & Golden Italian Dressing) Served with Fresh Fruit & Choice of Beverage</p>	<p>February 3 Chicken Caesar Salad with Whole Grain Bread Stick (Spinach Romaine Blend Salad Mix, Sliced Onions, Julienne Sliced Breaded Chicken, Home Made Garlic Croutons, Parmesan Cheese & Caesar Dressing) Served with Fresh Fruit & Choice of Beverage</p>
<p>February 6 Cobb Salad with Home-Made Blue Cheese Dressing & Baked Croutons (Romaine Lettuce Blend, Julienne Sliced Turkey, Crumbled Bacon, Diced Tomatoes, Diced Red Onion, Sliced Avocado, Sliced Hard Boiled Egg) Served with Fresh Fruit & Choice of Beverage</p>	<p>February 7 Riviera Salad (Fresh Spinach Greens, Walnuts, Strawberries, Shredded Mozzarella Cheese & home-made poppy Seed dressing) & Whole Grain Dinner Roll) Served with Fresh Fruit & Choice of Beverage</p>	<p>February 8 Crispy Popcorn Chicken Salad W/ Home Made Bread Slice (Spinach Romaine Blend Salad Mix, Diced Tomatoes, Sliced Cucumbers, Diced Onions & Peppers with Crispy Popcorn Chicken & Home-Made Ranch Dressing) Served with Fresh Fruit & Choice of Beverage</p>	<p>February 9 Chef Salad with Home Made Muffin (Romaine Lettuce Blend, Sliced Hard Boiled Egg, Tomatoes, Shredded Cheddar Cheese, Julienne Sliced Ham, Sliced Cucumber & Golden Italian Dressing) Served with Fresh Fruit & Choice of Beverage</p>	<p>February 10 Taco Salad (Romaine Lettuce Blend, Spicy Beef, Pico de Gallo , Diced Green Peppers, & Sour Cream) in an Edible Taco Bowl Served with Fresh Fruit & Choice of Beverage</p>
<p>February 13 Cobb Salad (Romaine Lettuce Blend, Julienne Sliced Turkey, Crumbled Bacon, Diced Tomatoes, Diced Red Onion, Sliced Avocado, Sliced Hard Boiled Egg) Served with Fresh Fruit & Choice of Beverage</p>	<p>February 14 Triple Decker Turkey Club (Sliced Turkey, Sliced Cheddar, Sliced Swiss, Sliced Tomato, Romaine Lettuce, Mayo) Sandwich on Whole Wheat Bread Served with Fresh Fruit and Choice of Beverage</p>	<p>February 15 Crispy Popcorn Chicken Salad W/ Home Made Bread Slice (Spinach Romaine Blend Salad Mix, Diced Tomatoes, Sliced Cucumbers, Diced Onions & Peppers with Crispy Popcorn Chicken & Home-Made Ranch Dressing) Served with Fresh Fruit & Choice of Beverage</p>	<p>February 16 Chef Salad with Home Made Muffin (Romaine Lettuce Blend, Sliced Hard Boiled Egg, Tomatoes, Shredded Cheddar Cheese, Julienne Sliced Ham, Sliced Cucumber & Golden Italian Dressing) Served with Fresh Fruit & Choice of Beverage</p>	<p>February 17 Chicken Caesar Salad with Whole Grain Bread Stick (Spinach Romaine Blend Salad Mix, Sliced Onions, Julienne Sliced Breaded Chicken, Home Made Garlic Croutons, Parmesan Cheese & Caesar Dressing) Served with Fresh Fruit & Choice of Beverage</p>
<p>February 20 NO SCHOOL NO STAFF LUNCH</p>	<p>February 21 Riviera Salad (Fresh Spinach Greens, Walnuts, Strawberries, Shredded Mozzarella Cheese & home-made poppy Seed dressing) & Whole Grain Dinner Roll) Served with Fresh Fruit & Choice of Beverage</p>	<p>February 22 Popcorn Chicken Salad W/ Bread Slice (Spinach Romaine Blend Salad Mix, Diced Tomatoes, Sliced Cucumbers, Diced Onions & Peppers, Popcorn Chicken & Home- Made Ranch Dressing) Served with Fresh Fruit & Choice of Beverage</p>	<p>February 23 Chef Salad with Muffin (Romaine Lettuce Blend, Sliced Hard Boiled Egg, Tomatoes, Shredded Cheddar , Sliced Ham, Cucumber, Fresh Fruit & Choice of Beverage</p>	<p>February 24 Taco Salad (Romaine Lettuce Blend, Spicy Beef, Pico de Gallo , Diced Green Peppers, & Sour Cream) in an Edible Taco Bowl Served with Fresh Fruit & Choice of Beverage</p>

<p align="center"><u>February 27</u></p> <p>Cobb Salad (Romaine Lettuce Blend, Julienne Sliced Turkey, Crumbled Bacon, Diced Tomatoes, Diced Red Onion, Sliced Avocado, Sliced Hard Boiled Egg) Served with Fresh Fruit & Choice of Beverage</p>	<p align="center"><u>February 28</u></p> <p>Triple Decker Turkey Club (Sliced Turkey, Sliced Cheddar, Sliced Swiss, Sliced Tomato, Romaine Lettuce, Mayo) Sandwich on Whole Wheat Bread Served with Fresh Fruit and Choice of Beverage</p>	<p align="center"><u>February 29</u></p> <p>Popcorn Chicken Salad W/ Bread Slice (Spinach Romaine Blend Salad Mix, Diced Tomatoes, Sliced Cucumbers, Diced Onions & Peppers, Popcorn Chicken & Home-Made Ranch Dressing) Served with Fresh Fruit & Choice of Beverage</p>		
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