

Menus for February 2020

Chenango Forks High School

This institution is an equal opportunity provider.
Menus are subject to change.



Weekly Pizza Bar:
Mon: Cheese or Pepperoni
Tue: Cheese or Garlic
Wed: Cheese or Chic. Spiedies
Thurs: Cheese or Buffalo
Fri: Supreme

Weekly Options:
Mon: Meatball Sub
Tue: Bacon Cheeseburger
Wed: Quesadilla Pizza
Thurs: Chicken Fajita Wrap
Fri: Fish Sand. or
 Chicken Patty Sandwich

Served Daily:
 Assorted Wraps/Subs
 Fruit/Yogurt Parfait Meal
 PB & J Uncrustable Meal
 Yogurt Meal w/Homemade Granola
 Salad Bar or Side Salad as Vegetable

Breakfast Daily
 Bagel w/ Cream Cheese
 Breakfast Sandwich
Mon & Thurs: Chicken Croissant Sand.
 Student's must select 1 Fruit and/or Juice
 (pick one or two)
 Cereal and/or Muffin Top (pick one or two)

**All options served w/same fruit and vegetable of the day
 100% Juice available at Lunch

Milk Choices:
 Unflavored—1% & Fat Free
 Chocolate—1%

Monday, February 3

Breakfast
 Frudel
 Assorted Fruit
 Low Fat Milk

Lunch
 Popcorn Chicken
 Mashed Potatoes
 Glazed Carrots
 Fresh Apple
 Low Fat Milk

Tuesday, February 4

Breakfast
 Breakfast Breads
 Assorted Fruit
 Low Fat Milk

Lunch
 General Tso's Chicken
 NY Veggie Egg Roll
 Seasoned Brown Rice
 Steamed Broccoli
 Baby Carrots w/
 Hummus & Dip
 Chilled Peaches
 Low Fat Milk

Wednesday, February 5

Breakfast
 Bagel Breakfast Pizza
 Assorted Fruit
 Low Fat Milk

Lunch
Brunch at Lunch!
 French Toast Sticks
 Sausage Patty
 Potato Puffs
 Fresh Orange
 Low Fat Milk

Thursday, February 6

Breakfast
 Ultimate Breakfast
 Round & Yogurt
 Assorted Fruit
 Low Fat Milk

Lunch
NY Thursday!
 Southwest Chicken
 Chili
 NY Baked French
 Fries
 Corn Muffin
 NY Peach Cup
 Low Fat Milk

Friday, February 7

Breakfast
 Breakfast Sandwich on
 English Muffin
 Assorted Fruit
 Low Fat Milk

Lunch
 Plain or Garlic French
 Bread Pizza
 Garden Salad
 w/Chickpeas
 Assorted Fresh Fruit
 Low Fat Milk

Monday, February 10

Breakfast
 Mini Pancakes
 Assorted Fruit
 Low Fat Milk

Lunch
 Cheeseburger on a
 Kaiser Roll
 w/Lettuce & Tomato
 Sweet Potato Fries
 Green Beans
 Fresh Apple
 Low Fat Milk

Tuesday, February 11

Breakfast
 Cinnamon Bun &
 Yogurt
 Assorted Fruit
 Low Fat Milk

Lunch
 Taco Salad
 w/Assorted Toppings
 Seasoned Rice
 Corn
 Chilled Mixed Fruit
 Low Fat Milk

Wednesday, February 12

Breakfast
 Homemade Breakfast
 Pizza or Bacon
 Scramble
 Assorted Fruit
 Low Fat Milk

Lunch
 Lupo's Chicken
 Spiedie or Sausage
 Sub
 Harvest Cheddar Sun
 Chip Mix
 Veggie Cruncher Cup
 w/Hummus & Dip
 Fresh Banana/Milk

Thursday, February 13

Breakfast
 French Toast Sticks
 w/Syrup
 Assorted Fruit
 Low Fat Milk

Lunch
 Chicken Mac &
 Cheese
 Biscuit
 Steamed Broccoli
 Chilled Mixed Fruit
 Low Fat Milk

Friday, February 14

Breakfast
 Breakfast Croissant
 Sandwich
 Assorted Fruit
 Low Fat Milk

Lunch
 Breaded Mozzarella
 Sticks w/Dipping
 Sauce
 Side of Pasta w/Sauce
 Garden Salad
 w/Chickpeas
 Assorted Fresh Fruit
 Low Fat Milk

mySchoolBucks

Breakfast **Lunch**

\$1.60 **\$2.85**

Go to: mySchoolBucks.com

FEBRUARY FARM TO SCHOOL HIGHLIGHT

NY THURSDAYS

ON FEBRUARY 6TH, OUR NY THURSDAY MEAL WILL BE SOUTHWEST CHICKEN CHILI FEATURING LOCAL BUTTERNUT SQUASH, A BAKED POTATO, AND LOCAL FRUIT CUP ON THE SIDE.

ON FEBRUARY 20TH, OUR NY THURSDAY MEAL WILL FEATURE A LOCAL ALL-BEEF NO-NITRATE HOT DOG, WITH A SIDE OF GREEN BEANS, NY POTATO CHIPS, AND ABC SALAD ON THE SIDE.

LET'S SUPPORT OUR LOCAL FOOD SYSTEM TOGETHER!

Monday, February 17



NO SCHOOL TODAY

Tuesday, February 18

Mid-Term Recess

No School Today!

Wednesday, February 19

Mid-Term Recess

No School Today!

Thursday, February 20

Mid-Term Recess

No School Today!

Friday, February 21

Mid-Term Recess

No School Today!

Monday, February 24

Breakfast

Mini Pancakes
Assorted Fruit
Low Fat Milk

Lunch

Chicken Patty on a
Kaiser Roll
Sweet Potato Crinkle
Fries
Mixed Vegetable
Fresh Apple
Low Fat Milk

Tuesday, February 25

Breakfast

Cinnamon Bun &
Yogurt
Assorted Fruit
Low Fat Milk

Lunch

Tacos on a Shell
w/Assorted Toppings
Seasoned Rice
Corn
Chilled Applesauce
Low Fat Milk

Wednesday, February 26

Breakfast

Homemade Breakfast
Pizza or Bacon
Scramble
Assorted Fruit
Low Fat Milk

Lunch

Cheese Ravioli
w/Sauce or Breaded
Fish Sandwich
Garlic Breadstick
Veggie Cruncher Cup
w/Hummus & Dip
Fresh Banana
Low Fat Milk

Thursday, February 27

Breakfast

French Toast Sticks
w/Syrup
Assorted Fruit
Low Fat Milk

Lunch

NY Thursday Indoor Picnic!
Hot Dog on a Bun
NY Potato Chips
Green Beans
ABC Salad
Low Fat Milk
Pudding Dirt Cup

Friday, February 28

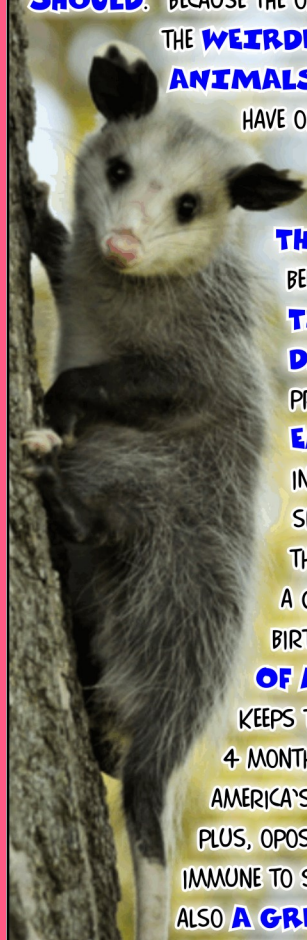
Breakfast

Breakfast Croissant
Sandwich
Assorted Fruit
Low Fat Milk

Lunch

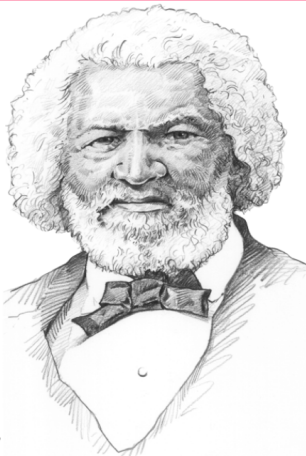
Stuffed Crust Pizza
Garden Salad
w/Chickpeas
Assorted Fresh Fruit
Low Fat Milk

ITS VERY OWN DAY. **BUT MAYBE IT SHOULD.** BECAUSE THE OPOSSUM IS TRULY ONE OF THE **WEIRDEST AND COOLEST ANIMALS** AROUND! LIKE US, THEY HAVE OPPOSABLE THUMBS FOR GRASPING - EXCEPT THEY HAVE THEM **ON THEIR FEET!** THEY'VE BEEN AROUND SINCE **THE TIME OF THE DINOSAURS,** PROBABLY BECAUSE THEY'LL **EAT ANYTHING,** INCLUDING SNAILS AND SLUGS AND BEETLES, SO THEY'RE GREAT TO HAVE IN A GARDEN. THE FEMALE GIVES BIRTH TO BABIES THE **SIZE OF A HONEYBEE** AND KEEPS THEM IN HER POUCH FOR 4 MONTHS, MAKING HER NORTH AMERICA'S ONLY NATIVE MARSUPIAL. PLUS, OPOSSUMS ARE TOTALLY IMMUNE TO SNAKE VENOM, AND THEY'RE ALSO **A GREAT FIGHTER**



FREDERICK DOUGLASS

Frederick Douglass escaped from slavery in Maryland in 1838. He became a renowned orator and abolitionist and the best known and most influential African American of his time.



AFRICAN AMERICAN HISTORY MONTH
Want to know more? Search for "Frederick Douglass" on-line.

MELTING AWAY.



Chocolate and hearts go together this time of year. And, yes, a little dark chocolate now and then can even be good for you. But scientists warn that the prime cocoa growing areas of the world could be too warm to grow the crop by as soon as 2050.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

