

Menus for February 2020

Union Endicott High School

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



Available Daily

Breakfast Daily:
Assorted Hot Sandwiches
Yogurt Parfait
Breakfast Round
Bagel w/Cream Cheese
Smoothies—Tues/Thurs

Weekly Salads
Chef Salad
Chicken Fajita
Popcorn Chicken
Vegetarian Salad
*Salad Bar Available in
Upstairs Café **

Served Daily:
Yogurt Parfait w/ Granola
Assorted Subs
Homemade Pizza
Seasoned Fries
Chicken Patty/Kaiser Roll
Assorted Wraps—Wednesday

All options served with same fruit & vegetable of the day
100% Juice available Wednesday & Friday
Our website: www.uetigersfs.org
Milk Choices: 1% Chocolate, 1% White, Skim White, Skim Strawberry

Monday, February 3

Breakfast

Apple Frudel or
Cereal/Muffin Top
Chilled Fruit/Juice
Low Fat Milk

Lunch

Popcorn Chicken
Mashed Potatoes
Glazed Carrots
Fresh Apple
Low Fat Milk

Tuesday, February 4

Breakfast

Banana Breakfast
Bread or
Cereal/Muffin Top
Chilled Fruit/Juice
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
Or Cereal/Muffin Top
Chilled Fruit/Juice
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 or
Cereal/Muffin Top
Chilled Fruit/Juice
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

Sausage, Egg &
Cheese on English
Muffin
Or Cereal/Muffin Top
Chilled Fruit/Juice
Low Fat Milk

Lunch

Assorted French Bread
Pizza
Garden Salad
w/Chickpeas
Assorted Fresh Fruit
Low Fat Milk

Monday, February 10

Breakfast

Mini Pancakes or
Cereal/Muffin Top
Chilled Fruit/Juice
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 or
Cereal/Muffin Top
Chilled Fruit/Juice
Low Fat Milk

Lunch

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

Wednesday, February 12

Breakfast

Breakfast Pizza or
Cereal/Muffin Top
Chilled Fruit/Juice
Low Fat Milk

Lunch

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

Thursday, February 13

Breakfast

French Toast Sticks
w/Syrup or
Cereal/Muffin Top
Chilled Fruit/Juice
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

Friday, February 14

*Mid-Term
Recess*

*No School
Today!*

mySchoolBucks



Breakfast **FREE** Lunch **\$2.75**

Go to: mySchoolBucks.com

FEBRUARY FARM TO SCHOOL HIGHLIGHT



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

Breakfast

Cinnamon Breakfast Bread or Cereal/Muffin Top Chilled Fruit/Juice Low Fat Milk

Lunch

Chicken Nuggets w/Dipping Sauce Wheat Dinner Roll Mashed Potatoes Glazed Carrots Fresh Apple Low Fat Milk

Wednesday, February 19

Breakfast

Bagel Breakfast Pizza Or Cereal/Muffin Top Chilled Fruit/Juice Low Fat Milk

Lunch

Grilled Cheese Sandwich Tomato Soup Fresh Cucumbers Fresh Orange Low Fat Milk

Thursday, February 20

Breakfast

Ultimate Breakfast Round & Yogurt or Cereal/Muffin Top Chilled Fruit/Juice 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 21

Breakfast

Sausage, Egg & Cheese on English Muffin Or Cereal/Muffin Top Chilled Fruit/Juice Low Fat Milk

Lunch

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

Monday, February 24

Breakfast

Mini Pancakes or Cereal/Muffin Top Chilled Fruit/Juice 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 or Cereal/Muffin Top Chilled Fruit/Juice Low Fat Milk

Lunch

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

Wednesday, February 26

Breakfast

Breakfast Pizza or Cereal/Muffin Top Chilled Fruit/Juice Low Fat Milk

Lunch

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

Thursday, February 27

Breakfast

French Toast Sticks w/Syrup or Cereal/Muffin Top Chilled Fruit/Juice Low Fat Milk

Lunch

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

Friday, February 28

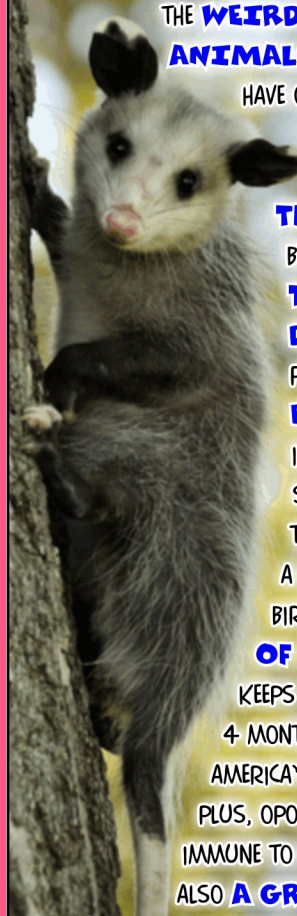
Breakfast

Sausage, Egg & Cheese on Croissant Or Cereal/Muffin Top Chilled Fruit/Juice Low Fat Milk

Lunch

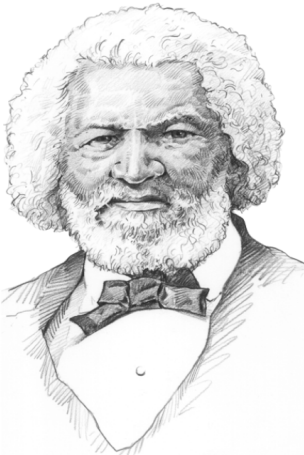
Stuffed Crust Pizza Garden Salad w/Chickpeas Assorted Fresh Fruit Low Fat Milk

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!

