

# Menus for February 2020

## Vestal High School

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



### Weekly Salads:

2/3-2/7: Popcorn Chicken Salad  
2/10-2/13: Turkey Bacon Ranch  
2/18-2/21: Marinated Chicken Salad  
2/24-2/28: Chef Salad

\*All salads served w/Garlic Croutons

\*All options served w/same fruit and vegetable of the day

\*100% Juice available Tues & Thurs at Lunch

### Daily Sandwiches:

Ham/Cheese  
Turkey/Cheese  
Egg Salad  
PB&J Sandwich  
Tues/Wed/Thurs: Assorted Wraps

### Served Daily:

Fruit/Yogurt Parfaits  
Hamburger/Roll  
Homemade Pizza

M/W/F: Chicken Nuggets  
T/Th: Chic. Patty/Roll or  
Grilled Cheese

Mon & Fri: Ham/Cheese Bagel

### Daily Breakfast Options:

#### Bagels and Fruit/Yogurt Parfaits

Student's must select 1 Fruit and/or Juice (pick one or two)  
Cereal and/or Muffin Top (pick one or two)

### 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 Potato  
Corn Muffin  
NY Peach Cup  
Low Fat Milk

### Friday, February 7

#### Breakfast

Breakfast Sandwich on  
English Muffin  
Assorted Fruit  
Low Fat Milk

#### Lunch

Nardone's Pizza  
Garden Salad  
w/Chickpeas  
Assorted Fresh Fruit  
Low Fat Milk

### Vestal School District

Is accepting applications for Food Service Workers, Cook Manager, Automotive Mechanic, Bus Drivers & Attendants, and Cleaners.  
Substitutes: Teachers, Teacher Aides, RPN's, Clerical.

If interested, please call The Personnel Office at 757-2317.

### 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

Breakfast Pizza  
Assorted Fruit  
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  
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

### Friday, February 14

Mid-Term  
Recess

No School  
Today!

### mySchoolBucks



Breakfast Lunch

\$1.70

\$2.80

Go to: [mySchoolBucks.com](http://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**

Breakfast Breads  
Assorted Fruit  
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  
Assorted Fruit  
Low Fat Milk

**Lunch**

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

Thursday, February 20

**Breakfast**

Ultimate Breakfast  
Round & Yogurt  
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 21

**Breakfast**

Breakfast Sandwich on  
English Muffin  
Assorted Fruit  
Low Fat Milk

**Lunch**

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

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**

Breakfast Pizza  
Assorted Fruit  
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  
Assorted Fruit  
Low Fat Milk

**Lunch**

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

Friday, February 28

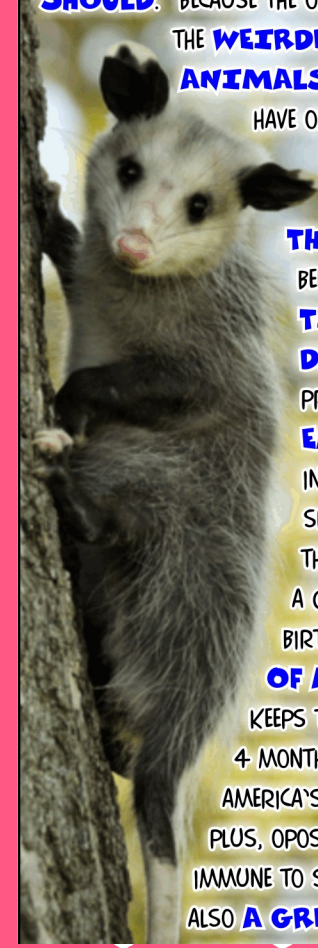
**Breakfast**

Breakfast Croissant  
Sandwich  
Assorted Fruit  
Low Fat Milk

**Lunch**

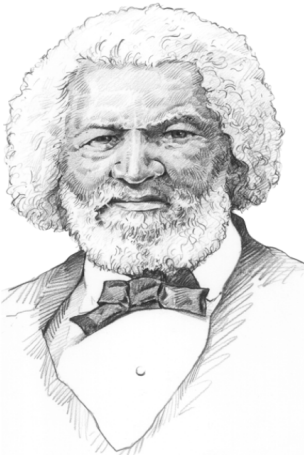
Stuffed Crust Pizza  
Garden Salad  
w/Chickpeas  
Assorted Fresh Fruit  
Low Fat Milk

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!**

