

Menus for February 2020

Whitney Point High School

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



Breakfast Daily:

- Bagels
- Breakfast Breaks
- Yogurt Parfait w/Giant Graham
- Cereal w/Muffin Top
- Chicken Croissant Sandwich
- Tues/Thurs: Smoothies w/Muffin Top

All options served w/same fruit and/or Juice
Student's must select 1 Fruit and/or Juice
(pick one or two)

Available Daily

Grab & Go Line:

- Mon:** Assorted Pizzas
- Tue:** Pepperoni Roll or Meatball Sub
- Wed:** Ribs or Buffalo Chicken Hot Sub
- Thurs:** Cheeseburger or Chicken Pam
- Fri:** Chicken Patty
- Daily:** Assorted Subs
Side Salad/Roll
Parfait w/Cheezits, Veggie, Fruit/Juice & Milk

Milk Choices:

- Unflavored—1% & Fat Free
- Chocolate—1%

Monday, February 3

Breakfast

Mini Pancakes or
Cinnamon Bread
Assorted Fruit
Low Fat Milk

Lunch

Popcorn Chicken
Mashed Potatoes
Glazed Carrots
Fresh Apple
Low Fat Milk

Tuesday, February 4

Breakfast

Cinnamon Roll
w/Yogurt or Cereal
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

Breakfast Pizza or
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

Nardone's 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
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

FREE

\$2.80

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 Bun
w/Yogurt or Cereal
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

Breakfast Pizza or
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 or
Cinnamon Bread
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 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

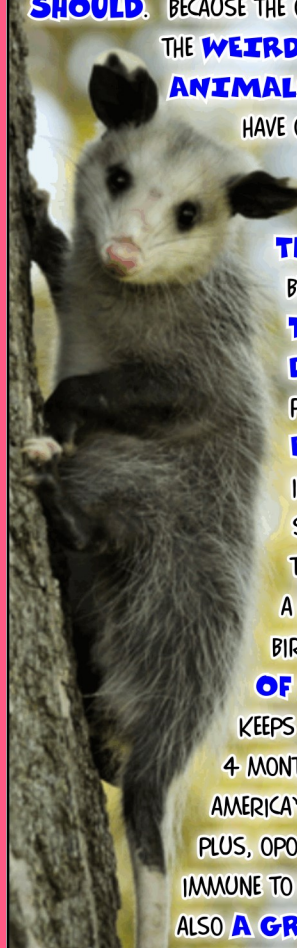
Breakfast

Breakfast Croissant
Sandwich
Assorted Fruit
Low Fat Milk

Lunch

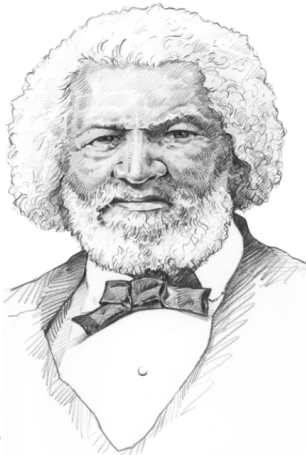
Stuffed Crust Pizza
Garden Salad
w/Chickpeas
Assorted Fresh Fruit
Low Fat Milk

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!

