





# Conard High School Menu - February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
 <h2 style="color: green; margin: 0;">Meatless Monday</h2>	<div style="border: 1px solid green; background-color: #90EE90; padding: 5px; display: inline-block; margin-bottom: 10px;"> <b>FRESH SALAD PLATES AVAILABLE</b> </div> 			<p>1 Beef Burger on a Bun with or without Cheese D or Veggie Burger on a Bun Lettuce &amp; Tomato Crinkle Cut Fries Raisins <b>Assorted Fresh Fruits &amp; Vegetables</b></p>
<p>4 Stuffed Crust Pizza D with Veggie Toppings Broccoli Crunch Salad E Sliced Fresh Apple <b>Assorted Fresh Fruits &amp; Vegetables</b></p>	<p>5 Popcorn Chicken D Mashed Potato D &amp; Gravy D Dinner Roll Sauted Green Peas Juice Choice <b>Assorted Fresh Fruits &amp; Vegetables</b></p>	<p>6 Mini Maple Pancakes E,D Sausage Links Sweet Potato Sticks Mixed Berry Cup <b>Assorted Fresh Fruits &amp; Vegetables</b></p>	<p>7 Chicken Parmesan or Pasta with Meat/Meatless Sauce Garlic Bread Stick Roasted Zucchini Applesauce <b>Assorted Fresh Fruits &amp; Vegetables</b></p>	<p>8 <b>Street Taco</b> Pork or Chicken Carnita Lettuce, Salsa &amp; Sour Cream D Black Bean &amp; Corn Salad Pineapple Tidbits <b>Assorted Fresh Fruits &amp; Vegetables</b></p>
<p>11 Mozzarella Sticks D with Marinara Sauce Warm Bread Stick Spicy Fries Spinach Salad Orange Wedges <b>Assorted Fresh Fruits &amp; Vegetables</b></p>	<p>12 Nachos Grande Seasoned Meat &amp; Cheese Sauce D Lettuce, Salsa &amp; Sour Cream D Crisp Corn or Baked Potato with Nacho Topping Warm Cinnamon Apples <b>Assorted Fresh Fruits &amp; Vegetables</b></p>	<p>13 Breaded Chicken Filet on a Soft Kaiser Roll Plain or Spicy Potato Salad E Chilled Edamame Diced Peaches <b>Assorted Fresh Fruits &amp; Vegetables</b></p>	<p>14 Cheese Stuffed Shells D,E with Marinara Sauce or Pasta with Meat/Meatless Sauce Garlic Bread Stick Italian Green Beans Juice Choice <b>Assorted Fresh Fruits &amp; Vegetables</b></p>	<p>15 BBQ Beef Rib on a Bun D or Filet of Fish Sandwich E,D Cole Slaw E Vegetarian Beans Craisins <b>Assorted Fresh Fruits &amp; Vegetables</b></p>
<h2 style="color: black;">Winter Recess!!</h2>		<p>20 Hot Dog on a Bun Crinkle Cut Fries Vegetarian Beans Diced Pears <b>Assorted Fresh Fruits &amp; Vegetables</b></p>	<p>21 Pasta with/without Meatballs D Marinara Sauce or Macaroni &amp; Cheese D Garlic Bread Stick Fresh Roasted Cauliflower Mixed Fruit Cup <b>Assorted Fresh Fruits &amp; Vegetables</b></p>	<p>22 Pizza Wedge D with Sausage or Plain Cheese Garden Salad Mandarin Oranges <b>Assorted Fresh Fruits &amp; Vegetables</b></p>
<p>25 Toasted Cheese Sandwich D Tomato Soup Carrot &amp; Celery Sticks with Dip Applesauce <b>Assorted Fresh Fruits &amp; Vegetables</b></p>	<p>26 Nachos Grande Seasoned Meat &amp; Cheese Sauce D Lettuce, Salsa &amp; Sour Cream D or Chicken Fajita D Steamed Brown Rice Spicy Black Beans Mixed Berry Cup <b>Assorted Fresh Fruits &amp; Vegetables</b></p>	<p>27 Chicken Tenders Plain or Spicy Steamed Brown Rice with Gravy D Dinner Roll Vegetable Medley Juice Choice <b>Assorted Fresh Fruits &amp; Vegetables</b></p>	<p>28 Pasta with Chicken Alfredo or Pasta with Meat/Meatless Sauce Garlic Bread Stick Broccoli Normandy Raisins <b>Assorted Fresh Fruits &amp; Vegetables</b></p>	<div style="border: 1px solid black; background-color: yellow; padding: 5px; display: inline-block; margin-bottom: 10px;"> <b>Milk Choices offered daily include low fat &amp; fat free unflavored or flavored milk</b> </div> <p>This institution is an equal opportunity provider</p>

Food allergy information: All hot meals are peanut and tree nut free and Trans Fat Free; most meals contain soy, wheat and gluten - Please contact Tim Prosinski, Food Service Director at (860)561-6610 to discuss an alternate meal plan for your child. Key: D = contains milk/dairy; E = contains egg; \*Menu Subject to Change Without Notice