



Shaker Heights Schools



Lunch February

Middle School

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| | | 1 Chunked Turkey w/ Mashed Potatoes Steamed Peas Rolls Strawberry Cup | 2 Cheese Pizza Tossed Salad w/ Dressing Fruit Cup | 3 Sloppy Joe Sandwich Baked French Fries Fresh Fruit |
| 6 BBQ Grilled Chicken Sandwich Potato Rounds Fresh Fruit | 7 <u>Shaker's Famous!</u> Mac & Cheese Peas Roll Apple Sauce | 8 Chicken Enchilada Rice Corn Peach Cup | 9 Grilled Cheese Sandwich Tomato Soup Fruit Cup | 10 Cheeseburger Baked French Fries Fresh Fruit |
| 13 Chicken & Noodle Casserole Tossed Salad w/ Dressing Diced Pears | 14 <u>Breakfast for Lunch!</u> Waffle Egg Omelet Strawberry Cup | 15 Baked Pasta Honey Roasted Carrots Mixed Fruit | 16 Beef Burrito Rice Corn Fresh Fruit | 17 Chicken Sandwich Baked French Fries Fruit Cup |
| 20 Closed Presidents Day  | 21 Fajita Chicken Rice Green Beans Mixed Fruit | 22 Chicken Nuggets Baked French Fries Fresh Fruit | 23 Turkey Hot Dog w/ Chili Potato Rounds Fresh Fruit | 24 Cheese Pizza Tossed Salad w/ Dressing Fresh Fruit |
| 27 Cheeseburger Baked French Fries Fresh Fruit | 28 Sweet & Sour Chicken Rice Broccoli Fresh Fruit | 29 Baked Pasta w/ Meat Sauce Peas Wheat Roll Fresh Fruit | | |

Hamburgers, Hot & Cold Sandwiches, Freshly Made Salads, and Pizza are available A la Carte!
Low-Fat Milk Served Daily

Fun Food Fact: The largest watermelon ever grown weighed 262 pounds!

Menu Subject to Change

Middle School Lunch \$3.10

Lunch Includes: Entrée, Two Servings of Fruits or Vegetables, One Serving of Grain or Bread, One Low-Fat Milk
Please discuss any food allergy issues concerning your child with Executive Chef Stefanie Tuma 216.295.4342

No child will be discriminated against because of race, color, national origin, age or disability.
If you believe you have been discriminated against, write to the Department of Agriculture, Washington, D.C. 20250

