

QUANTICO SCHOOLS CAFETERIA LUNCH MENU

FEBRUARY 18, 2013 TO MARCH 29, 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 PRESIDENT'S DAY NO SCHOOL	19 Pig in a Blanket Potato Rounds Broccoli Apple Wedges Jell-0 w/Fruit Assorted Milk	20 Chicken Wrap Romaine & Tomato Cup Spanish Rice Carrots Sliced Peaches Assorted Milk	21 Spaghetti w/Meat Sauce French Garlic Bread Seasoned Peas Grape Juice Garden Spinach Salad (9-12) Assorted Milk	22 Beef Tacos Lettuce, Tomato & Cheese Cup Refried Beans Corn Pineapple Tidbits W Wheat Sugar Cookie Assorted Milk
25 Hamburger on Bun Dark Green Leaf Lettuce & Tomato Sweet Potato Rounds Fruit Cocktail Cinnamon Puff Assorted Milk	26 Chicken Nuggets Potato Wedges Broccoli Wheat Roll Diced Pears Assorted Milk	27 Chili Whole Grain Corn Chips Celery & Cucumbers Cinnamon Roll Orange Smiles Assorted Milk	28 Baked Ham Mashed Potatoes Green Beans Angel Biscuit Sliced Peaches Assorted Milk	01 Meat Balls Macaroni & Cheese Seasoned Peas Wheat Yeast Roll (9-12) Apple Wedges Assorted Milk
04 Ham & Cheese on Bun French Fries Mixed Vegetables Fresh Grapes WG Corn Tortilla Chip (9-12) Assorted Milk	05 Pepperoni Pizza Tossed Salad w/Romaine Sliced Peaches Chocolate Chip Cookie Assorted Milk	06 Chicken Patty on Bun Dark Green Leaf Lettuce & Tomato Pinto Beans Sliced Pears Royal Brownie (9-12) Assorted Milk	07 Italian Pasta Bake Green Pepper Strips & Baby Carrots French Garlic Bread Applesauce Assorted Milk	08 WORK/INSERVICE DAY NO SCHOOL
11 Beef and Bean Burrito Romaine & Tomato Salad Mexican Corn Apple Wedges WG Tortilla Chips w/Salsa (9-12) Assorted Milk	12 Stromboli Garden Spinach Salad Potato Wedges Mixed Fruit Cup Assorted Milk	13 Hamburger on Bun Baked Beans Sweet Potato Rounds Orange Smiles Oatmeal Cookie (9-12) Assorted Milk	14 Turkey and Cheese Sub Dark Green Leaf Lettuce & Tomato Oven Fries Sliced Peaches Apple Crisp (9-12) Assorted Milk	15 Country Style Beef Patty Mashed Potatoes w/Gravy Steamed Broccoli Wheat Roll Applesauce Assorted Milk
18 Taco Soup WG Corn Tortilla Chips Corn Sliced Pears Snickerdoole Cookie Assorted Milk	19 Whole Grain Corn Dog Mixed Vegetables Potato Rounds Apple Wedges Assorted Milk	20 Beef and Noodles Potato Wedges Steamed Carrots Blueberry Oat Muffin Pineapple Tidbits Assorted Milk	21 Chicken Quesadilla Spanish Rice Black Beans Orange Wedges Assorted Milk	22 Cowboy Cavatini Tossed Salad W/Romaine Spinach Wheat Roll (9-12) Diced Peaches Assorted Milk
25 Chicken Nuggets Mashed Potato w/Gravy Steamed Carrots Mixed Fruit Cup Sugar Cookie Assorted Milk	26 Sloppy Joe Baked Beans Oven Fries Sliced Pears Cinnamon Puff (9-12) Assorted Milk	27 Lasagna Garden Spinach Salad WG French Garlic Bread Apple Wedges Peas (9-12) Assorted Milk	28 Baked Chicken Savory Rice Broccoli Oatmeal Roll Sliced Peaches Assorted Milk	29 WORK/INSERVICE DAY NO SCHOOL

QUANTICO SCHOOLS CAFETERIA BREAKFAST MENU

FEBRUARY 18, 2013 TO MARCH 29, 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 PRESIDENT'S DAY NO SCHOOL	19 Assorted Juice Assorted Cereal Buttered Toast Assorted Milk	20 Fresh Fruit Waffles Assorted Milk	21 Fresh Fruit Sausage Biscuit Assorted Milk	22 Scrambled Eggs Buttered Toast Assorted Juice Assorted Milk
25 Assorted Juice Assorted Cereal Buttered Toast Assorted Milk	26 Assorted Juice Breakfast Pizza Assorted Milk	27 Fresh Fruit Bacon and Cheese Biscuit Assorted Milk	28 Assorted Juice Pancakes with Maple Syrup Assorted Milk	01 Fresh Fruit Scrambled Eggs Buttered Toast Assorted Milk
04 Assorted Juice Assorted Cereal Buttered Toast Assorted Milk	05 Fresh Fruit French Toast Sticks Assorted Milk	06 Assorted Juice Sausage Pancake on a Stick Assorted Milk	07 Assorted Juice Scrambled Eggs Buttered Toast Assorted Milk	08 WORK/INSERVICE DAY NO SCHOOL
11 Assorted Juice Assorted Cereal Buttered Toast Assorted Milk	12 Fresh Fruit Egg and Cheese English Muffin Assorted Milk	13 Assorted Juice Pancakes with Maple Syrup Assorted Milk	14 Fresh Fruit Hot Oatmeal Assorted Milk	15 Fresh Fruit Scrambled Eggs Buttered Toast Assorted Milk
18 Assorted Juice Assorted Cereal Buttered Toast Assorted Milk	19 Fresh Fruit Bacon and Cheese Biscuit Assorted Milk	20 Assorted Juice French Toast Sticks w/Syrup Assorted Milk	21 Fresh Fruit Toasted Bagel with Cream Cheese or Jelly Assorted Milk	22 Assorted Juice Scrambled Eggs Buttered Toast Assorted Milk
25 Assorted juice Assorted Cereal Buttered Toast Assorted Milk	26 Fresh Fruit Pancakes with Syrup Assorted Milk	27 Assorted Juice Sausage Biscuit Assorted Milk	28 Assorted Juice Scrambled Eggs Buttered Toast Assorted Milk	29 WORK/INSERVICE DAY NO SCHOOL