

# February 2018

## Maumelle Charter High School



**Prices**     **Reduced**     **\$0.40**  
                  **Full**             **\$3.00**  
**Pay for the Month:**  
**Reduced: \$7.60    Full: \$57.00**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. This Institution is an equal opportunity provider and employer.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Chili w/Corn Chips **1**  
 Quick Baked Potato  
 Celery Sticks  
**2<sup>nd</sup> Choice: Sub Sandwich/chips**

Max Sticks **2**  
 Tossed Salad  
 Carrots     Marinara Sauce  
**2<sup>nd</sup> Choice: Pizza**

Chicken Fries **5**  
 Sweet Potato Crunch  
 Green Beans     Roll  
**2<sup>nd</sup> Choice: Chicken Nuggets**

Mini Taco's **6**  
 Mexican Corn  
 Pinto Beans     Salsa  
**2<sup>nd</sup> Choice: Buffalo Chicken Crispito**

Corn Dog **7**  
 French Fries  
 Carrots/Broccoli  
**2<sup>nd</sup> Choice: Hamburger w/fries**

Spaghetti w/meat sauce **8**  
 Spinach Salad  
 Corn     Texas Toast  
**2<sup>nd</sup> Choice: Sub Sandwich /chips**

Pizza Strips **9**  
 Steamed California Blend  
 Tossed Salad  
**2<sup>nd</sup> Choice: Pizza**

Chicken Sandwich **12**  
 Tater Tots  
 Green Beans  
**2<sup>nd</sup> Choice: Chicken Nuggets w/roll**

Ground Beef & Rice **13**  
 Tossed Salad     Crackers  
 Pinto Beans  
**2<sup>nd</sup> Choice: Chicken Crispito**

Sloppy Joe **14**  
 Cole Slaw  
 French Fries  
**2<sup>nd</sup> Choice: Hamburger w/fries**

Beef Fingers     Roll **15**  
 Mashed Potato w/gravy  
 Great Northern Beans  
**2<sup>nd</sup> Choice: Sub Sandwich /chips**

Bosco Stick w/ cheese stick **16**  
 Steamed Broccoli  
 Carrots     Marinara Sauce  
**2<sup>nd</sup> Choice: Pizza**

**President's Day** **19**

Quesadilla **20**  
 Corn     Refried Beans  
 Salsa  
**2<sup>nd</sup> Choice: Buffalo Chicken Crispito**

Hot Dog **21**  
 French Fries  
 Sunbelievable  
**2<sup>nd</sup> Choice: Hamburger w/fries**

Vegetable Beef Soup **22**  
 Grilled Cheese  
 Spinach Salad  
**2<sup>nd</sup> Choice: Sub Sandwich /chips**

Pizza Crunchers **23**  
 Broccoli  
 Carrots  
**2<sup>nd</sup> Choice: Pizza**

Popcorn Chicken **26**  
 Mashed Potato w/gravy  
 Black-eyed Peas     Roll  
**2<sup>nd</sup> Choice: Chicken Nuggets**

Taco Salad **27**  
 Lettuce/Tomato  
 Mexican Corn     Salsa  
**2<sup>nd</sup> Choice: Chicken Crispito**

Hot Ham & Cheese **28**  
 French Fries  
 Carrots  
**2<sup>nd</sup> Choice: Hamburger w/fries**

