

# February 2018

# Pleasant Ridge High School

## LUNCH



# RAMS



**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. Menus are subject to change.



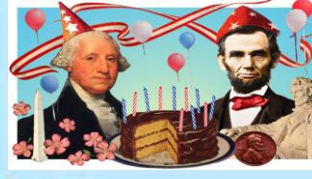
### Monday



### Tuesday



### Wednesday



### Thursday

### Friday

**5**  
Taco Crunch  
Tenderloin Sandwich  
Lettuce / Tomato  
Corn / Tortilla Chips & Salsa  
Pineapple

**6**  
Mac & Cheese with  
Garlic Toast & Little Smokies  
Corn Dog  
Caesar Salad / Carrots  
Chilled Pears / Yogurt

**7**  
Hot Ham and Cheese  
Breaded Chicken Sandwich  
Tater Tots  
Baked Beans  
Tropical Fruit / Sherbet

**1**  
Chicken Strips / Roll  
PBJ: Yogurt - Goldfish  
Mashed Potato / Gravy  
Peas / Fresh Fruit

**2**  
Pepperoni Pizza  
PBJ: Cheese Stick - Goldfish  
Salad Bar / Fresh Oranges  
Chocolate Chip Cookie

**12**  
Burrito w/ cheese Sauce  
Grilled Chicken Sandwich  
Lettuce / Tomato / Corn  
Tortilla Chips / Salsa  
Fruit Cocktail

**13**  
Spaghetti / Breadstick  
Corn Dog  
Salad Bar  
Chilled Peaches / Yogurt

**14**  
Cheese Burger  
BBQ Riblet Sandwich  
Lettuce / Tomato  
Baked Beans  
Fries  
Applesauce / Cookie

**8**  
Chicken Strips / Roll  
PBJ: Yogurt - Goldfish  
Mashed Potato / Gravy  
Green Beans / Fresh Fruit

**9**  
Cheese Max Stick/ Marinara  
PBJ: Cheese Stick - Goldfish  
Salad Bar / Mandarin Oranges  
Rice Krispy Treat



**26**  
Crispitos w/ Cheese Sauce  
Tenderloin Sandwich  
Lettuce / Tomato  
Corn / Tortilla chips/ Salsa  
Pineapple

**20**  
Sweet & Sour Chicken  
With Egg Roll  
Tenderloin Sandwich  
Rice / Chilled Pears  
Cucumber and Peppers w/Ranch

**21**  
Pig In a Blanket  
Grilled Chicken Sandwich  
Tater Tots  
Baked Beans  
Tropical Fruit / Sherbet

**15**  
Chicken Strips / Roll  
PBJ: Yogurt - Goldfish  
Mashed Potato / Gravy  
Peas / Fresh Fruit

**16**  
Cheese Pizza  
PBJ: Cheese Stick - Goldfish  
Salad Bar / Fresh Oranges  
January Birthdays Celebrated

**27**  
Chili with Crackers  
Corn Dog  
Celery and Peppers with Ranch  
Chilled Peaches  
Cinnamon Roll

**28**  
Grilled Cheese  
Breaded Chicken Sandwich  
Tomato Soup  
Salad Bar  
Applesauce / Cookie

**22**  
Chicken Strips / Roll  
PBJ: Yogurt - Goldfish  
Mashed Potato / Gravy  
Green Beans / Fresh Fruit

**23**  
Cheese Max Stick/ Marinara  
PBJ: Cheese Stick - Goldfish  
Salad Bar / Mandarin Oranges  
Apple Crisp

