








Brother Rice High School ~ February 2011



Breakfast is Served Daily From 7:00am Until 8:30am
Muffins, Donuts, Cereal, Breakfast Sandwiches, Hash Browns, Danish, Pop-Tarts, Bagels

Apricots are featured in February

Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	(2) Chicken Fajitas With Chips and Cheese and Small Milk \$3.95 A la carte \$2.90	~Pasta Day~ Spaghetti with Italian Sausage, Side Salad, Garlic Texas Toast and Small Milk \$4.25 A la Carte \$2.95	 Celebrate the Soul of Cooking.... Fried Chicken With a Side of Macaroni and Cheese, Greens and Small Milk \$4.25 A la carte \$2.50	~Chicken Day~ Chicken Tenders 3 for \$3.95 Hot Wings 5 for \$3.95 Chicken Fries 14 for \$2.90
7	8	9	10	11
No Lunch Served	 BBQ Grilled Chicken Breast with a Side of Vegetables, Wild Rice and Small Milk \$3.95	~Pasta Day~ Ravioli with Side Salad, Garlic Texas Toast and Small Milk \$4.25 A la Carte \$2.95	 Buffalo Chicken Pizza with a Side of Apricots and Small Milk \$3.50 A la Carte \$2.25	~Chicken Day~ Chicken Tenders 3 for \$3.95 Hot Wings 5 for \$3.95 Chicken Fries 14 for \$2.90
14	15	16	17	18
Foot Long Coney Dog with Fruit Cup and Small Milk \$3.75 A la carte \$2.35	Baked Meatloaf with Mashed Redskins, Vegetable and Small Milk \$4.25 A la carte \$2.50	~Pasta Day~ Cheese Tortellini with Side Salad, Garlic Texas Toast and Small Milk \$4.25 A la Carte \$2.95	~Chicken Day~ Chicken Tenders 3 for \$3.95 Hot Wings 5 for \$3.95 Chicken Fries 14 for \$2.90	Mid-Winter Break
21	22	23	24	25
Mid-Winter Break	 Seasoned Grilled Chicken with a Side of Vegetables, Wild Rice and Small Milk \$4.75	~Pasta Day~ Vegetable Lasagna with Side Salad, Garlic Texas Toast and Small Milk \$4.25 A la Carte \$2.95	 Celebrate the Soul of Cooking... BBQ Ribs with Sweet Potatoes, Greens and Small Milk \$5.00	~Chicken Day~ Chicken Tenders 3 for \$3.95 Hot Wings 5 for \$3.95 Chicken Fries 14 for \$2.90
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(2) Pulled Pork Sliders with a Side of Apricots and Small Milk \$4.25 A la carte \$2.90				

Served Daily
 Salsa Station: Nachos and Nacho Deluxe, Soft Tacos
 Pizza Station: Cheese Pizza, Pepperoni Pizza, Mozzarella Sticks, Bosco Sticks
 Pre-Made Deli Station: Fresh Salads, Sandwiches, Fruits and Snack Items
 Grill: Hamburgers, Cheeseburgers, Chicken Sandwiches and Fries
 Sub Station: Build Your Own Sub, Your Way, Every Day
 Soup of the Day



USDA High School Lunch Recommendations
 846 Calories~16.7g Protein~4.5mg Iron~400mg Calcium~300RE Vitamin A
 19.18mg Vitamin C~30% Total Fat~ 10% Saturated Fat