



<b>Minimum Quantities:</b> 2 oz. Meat/meat alternative ¾ Cup Vegetable/Fruit 2 Servings Bread or equivalent 8oz. Fluid Milk		<b>SPRING-FORD HIGH SCHOOL</b> <b>9<sup>TH</sup> GRADE CENTER</b> <b>FEBRUARY 2010 MENU</b>		<b>Served Daily:</b> Assorted Hot and Cold Sandwiches, Assorted Salads, Soups, Chicken Wings, Mozzarella Sticks, Pizza and Bagels					
<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>	
									
February 1		February 2		February 3		February 4		February 5	
1)Chicken Fries w/roll 2)Sloppy Joe Potato Wedges Hot or Cold Vegetable Assorted Fruit		1)Domino's Cheese Pizza 2)Domino's Pepperoni Pizza 3)White Garlic Pizza Hot or Cold Vegetable Assorted Fruit		1)Chicken Fajita 2Sausage Sandwich Roasted Onions & Peppers Buttered Noodles Hot or Cold Vegetable Assorted Fruit		1)Cheese steak 2)Meatballs in a cup w/roll Tater Tots Hot or Cold Vegetable Assorted Fruit		1)Toasted Cheese 2)Pizza Bob Tomato Soup Assorted Fruit & Juice Dessert	
February 8		February 9		February 10		February 11		February 12	
1)TD Alfredo Cheese Pizza 2)TD Alfredo Pepperoni Pizza 3)White Garlic Pizza Hot or Cold Vegetable Assorted Fruit		1)Popcorn Chicken w/roll 2)Fish Sticks w/roll Pirogues Hot or Cold Vegetable Assorted Fruit		1)Bacon-Egg-Cheese 2)Sausage-Egg-Cheese Hash Brown Carrot or Celery Sticks Assorted Fruit & Juice		1)Pizza Sticks w/sauce 2)Pork Barbeque Green Beans or Cold Vegetable Assorted Fruit Warm Cinnamon Apples		School Closed Staff In Service	
February 15		February 16		February 17		February 18		February 19	
School Closed President's Day		1)Domino's Cheese Pizza 2)Domino's Pepperoni Pizza 3)White Garlic Pizza Hot or Cold Vegetable Assorted Fruit		1)Spaghetti & Meatballs 2)Stuffed Shells Breadstick Salad Cup or Green Beans Dessert		1)Chicken Quesadilla 2)Chili w/roll Nachos w/cheese or salsa Hot or Cold Vegetable Assorted Fruit		1)Ham Hoagie 2)Tuna Hoagie 3)Peanut Butter & Jelly or Fluff Assorted Chips Carrot Sticks Assorted Fruit & Juice	
February 22		February 23		February 24		February 25		February 26	
1)Hot Ham & Cheese 2)Hot Pocket French Fries Hot or Cold Vegetable Assorted Fruit		1)Domino's Cheese Pizza 2)Domino's Pepperoni Pizza 3)White Garlic Pizza Hot or Cold Vegetable Assorted Fruit		1)Hot Turkey Sandwich 2)Breaded Chicken w/roll Mashed or Sweet Potatoes Corn or Cold Vegetable Assorted Fruit		1)Chicken Nuggets w/roll 2)Rib-b-que Scallop Potatoes Hot or Cold Vegetable Assorted Fruit		1)Cheese Breadstick 2)Pepperoni Breadstick Parsley Potatoes Hot or cold Vegetable Assorted Fruit	

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**