

****Reminder: Breakfast is served Daily****

February 2018 Lunch Menu




WEST SONOMA COUNTY
HIGH SCHOOL DISTRICT

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hot or BBQ Chicken Wings	2 Burger Bar w/ Fries Hamburger, Cheeseburger, Beef Hot Dog, Chicken Sandwich, or Veggie Burger (V)
5 Homemade Pizza Varieties Pepperoni, Cheese(V), Chicken Pesto, Veggie(V) Hawaiian	6 Chicken Nuggets or Corn Dog w/whole grain chips	7 Chicken or Vegetarian (V) Pasta Alfredo and Broccoli w/garlic breadstick	8 Meatball Sandwich w/ Cheese and marinara	9 Burger Bar w/ Fries Hamburger, Cheeseburger, Beef Hot Dog, Chicken Sandwich, or Veggie Burger (V)
12 Lincoln's Birthday NO SCHOOL	13 Pizza Varieties: Cheese (V)/Pep Bosco Sticks, French Bread Pizza, or Rippers (V)	14 Sloppy Joe's w/veggie dippers	15 Orange Chicken Over Brown Rice w/2 Fortune Cookies	16 Burger Bar w/ Fries Hamburger, Cheeseburger, Beef Hot Dog, Chicken Sandwich, or Veggie Burger (V)
19 Presidents Day NO SCHOOL	20 Pizza Varieties: Cheese (V)/Pep Bosco Sticks, French Bread Pizza, or Rippers (V)	21 Chicken or Cheese Quesadilla w/BlackBeans Salsa, Sour Cream, & Jalapenos	22 Hot & Spicy or Mild Chicken Strips w/WG Sun Chips	23 Burger Bar w/ Fries Hamburger, Cheeseburger, Beef Hot Dog, Chicken Sandwich, or Veggie Burger (V)
26 Homemade Pizza Varieties Pepperoni, Cheese(V), Chicken Pesto, Veggie(V) Hawaiian	27 Mini Burger or Chicken Sliders w/side salad or veggie sticks	28 Chili or Cheese Nachos w/Salsa, Sour Cream, & Jalapenos		(V) option's avail. daily but not as featured menu item)

SALAD BAR
Mondays
Seasonal produce daily
Large & side salads or Veggie dippers
Tues-Fri
V: Vegetarian Option : VG: Vegan Option

Meals Include 5 Menu Items:
Protein (Meat/Meat Alternative)
Grain
Vegetable
Fruit/Fruit Juice
Milk
★ ★
2 Item Entrees

To Complete Your Meal:
Choose 3 items minimum ★
One menu item must include fruit/fruit juice or veggie.
Or Choose all 5 items ★



Lunch Meal Prices
Student Lunch..... \$3.50
Reduced Student Lunch..... 40¢
Free Student Lunch.....no charge
Adult Lunch..... \$4.00 plus tax

This menu is subject to change
Water dispenser available in the cafeteria & at snack bar

Healthy Foods



This institute is an equal opportunity provider

OTHER DAILY OPTIONS! YOU CHOOSE!
Hot Entrees: Spicy Chicken, 2 Bosco Sticks (V), French Bread Pizza (V), or Bean & Cheese Burrito(V)
Cold Entrees: Deli Sandwiches or wraps (V), PB&J Uncrustables (V), Large Garden Salad (V/ VG)

→ **Create Your Own 3 Star Meal!**
Milk + Side Salad + Watermelon
Pita Bread & Hummus (V/ VG) + 2 Yogurts