



**Tonawanda  
High School  
Lunch Menu 9-12  
February 2017**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Choice of Milk Available with Lunch:**  
Low-Fat White, Fat Free White, Fat Free Chocolate  
**Entrees Available Daily**  
Pizza: Cheese & Specialty  
Assortment of Deli Subs & Wraps  
Garden or Julienne Salads  
Hamburgers & Cheeseburgers  
Peanut Butter & Jelly Sandwich

1

**BBQ Rib Sandwich**  
-----  
Baked Tater Tots  
or Cucumber Slices ♥  
-----  
Cinnamon Applesauce or  
Chilled Juice

2

**Tacos  
w/ Toppings & Salsa**  
-----  
Steamed Cauliflower ♥  
or TexMex Beans  
-----  
Fresh Fruit or  
Diced Pears

3

**National Wear Red Day 3  
Philly Steak Calzone  
w/ BBQ Dipping Sauce**  
-----  
Mixed Vegetables or  
Zucchini ♥  
-----  
Fresh Fruit or  
Assorted Mixed Fruit

6

**Jalapeño Nacho  
Burger w/ Tortilla Chips**  
-----  
Broccoli ♥  
or Green Peas  
-----  
Fresh Fruit or  
Mandarin Oranges

7

**Chicken Nuggets  
w/ Warm Dinner Roll**  
-----  
Green Beans or  
Brussel Sprouts ♥  
-----  
Fresh Fruit or  
Diced Peaches

8

**Beefy Pasta Mac  
With Garlic Toast**  
-----  
Baked Oven Fries  
or Celery Sticks ♥  
-----  
Fresh Fruit or  
Strawberry Cups

9

**BBQ Taco in a Bag  
w/ Tostitos**  
-----  
Steamed Carrots ♥  
or Corn Niblets  
-----  
Fresh Fruit or  
Diced Pears

10

**Cheesy Breadsticks  
w/ Dipping Sauce**  
-----  
Sweet Peas ♥  
or Garbanzo Beans  
-----  
Fresh Fruit or  
Assorted Mixed Fruit

**Choose 3 to 5 components each day, which may include 1 entree. One of the components must be a fruit or vegetable.**

13

**Mozzarella Sticks  
with Rotini Swirls  
& Dipping Sauce**  
-----  
Vegetarian Beans or  
Tossed Romaine ♥  
-----  
Fresh Fruit or  
Pineapple Tidbits

14

♥ **Happy Valentines  
Day!**  
**Chicken Patty  
Parmesan**  
-----  
Carrot Sticks or  
Green Beans  
-----  
Fresh Fruit or Peaches

15

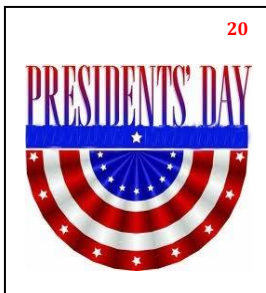
**Grilled Cheese  
Sandwich**  
-----  
Tomato Soup &  
Steamed Carrots ♥  
-----  
Fresh Fruit or  
Chilled Applesauce

16

**Baked Chicken  
w/ Rice**  
-----  
Steamed Broccoli ♥  
or Cauliflower  
-----  
Fresh Fruit  
or Diced Pears

17

**Meatball Bomber  
w/ Mozzarella Cheese**  
-----  
Green Beans ♥  
or Baked Fries  
-----  
Fresh Fruit or  
Assorted Mixed Fruit



21

22

23

24

**Mid-Winter Recess** ❄️

27

**Buffalo Chicken Wrap**  
-----  
Sweet Potatoes  
or Brussel Sprouts ♥  
-----  
Fresh Fruit or  
Pineapple Tidbits

28

**Bacon Cheddar Burger  
w/ Lettuce & Tomato**  
-----  
Celery Sticks  
or Corn Niblets ♥  
-----  
Fresh Fruit or  
Diced Peaches

