HASTINGS MIDDLE SCHOOLS

February 2017 Lunch Menu

SMART CHOICES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/30. **Popcorn Chicken w/Herbed Rotini** ***OR*** **Pepperoni Pizza** Steamed Corn Tossed Salad w/Dressing Fruit Choices	**1/31.** **Mini Pancakes w/Sausage Links** ***OR*** **Chicken Tenders w/Garlic Toast** Baked Tater Tots Fresh Vegetables w/Dip Fruit Choices	**1.** **Orange Chicken w/Brown Rice** ***OR*** **Macaroni & Cheese** Steamed Broccoli Florettes Carrots w/Dip Fruit Choices	**2.** **Garlic Cheese French Bread w/Marinara Dipping Sauce** ***OR*** **Sloppy Joes on Bun w/Baked Lays Chips** California Blend Vegetables Caesar Tossed Salad Fruit Choices	**3.** **Cheese/Hamburger on Bun** ***OR*** **Beef Hot Dog on Bun** Baked Beans Baked French Fries Fruit Choices
6. **Soft Shell Beef Tacos** ***OR*** **Grilled Quesadilla** Assorted Taco Fixings Steamed Corn Fruit Choices	**7.** **Grilled Chicken Pepperjack Sandwich** ***OR*** **Teriyaki Chicken** Brown Rice Steamed Broccoli Fresh Vegetables w/Dip	**8.** **Spaghetti w/Meatsauce– No Alternate** Garlic Toast Steamed Green Beans Caesar Tossed Salad Fruit Choices	**9.** **Chicken N' Gravy w/Mashed Potatoes & Dinner Roll** ***OR*** **Corn Dog w/Baked Fries** Steamed Corn Fruit Choices Mini Rice Krispies Treat	**10.** **Pepperoni Stuffed Crust Pizza** ***OR*** **Cheeseburger on Bun** California Blend Vegetables Baked Beans Frozen Fruit Cup
13. **French Toast Sticks w/ Sausage Links & Tri-Tater** ***OR*** **Mozzarella Pizza Sticks w/Marinara Sauce** Fresh Vegetables w/Dip Froot Juice Fruit Choices	**14.** **Mandarin Chicken w/Brown Rice & Steamed Broccoli** ***OR*** **Hot Italian Sandwich w/ Sauce & Spiral Potatoes** Coleslaw Fruit Choices	**15.** **Cheese Stuffed Crust Pizza** **OR** **Meatball Marinara Sub w/Baked Chips** Steamed Green Beans Mini Rice Krispies Treat Fruit Choices	**16.** **Chicken Patty on Bun** ***OR*** **Mini Corn Dogs** Baked Tater Tots Caesar Tossed Salad Fruit Choices	**17.** **NO SCHOOL**
20. **NO SCHOOL**	**21.** **Italian Dunkers w/Meatsauce** ***OR*** **Fettuccini Chicken Alfredo** Steamed Broccoli Florettes Fresh Vegetables w/Dip Fruit Choices	**22.** **Super Nacho Supreme– No Alternate** Assorted Nacho Fixings Refried Beans Fruit Choices	**23.** **Cheeseburger on Bun w/Waffle Fries** ***OR*** **Popcorn Chicken w/Cornbread** Caesar Tossed Salad Fresh Vegetables w/Dip Fruit Choices	**24.** **Mozzarella Pizza Sticks w/Marinara Sauce** ***OR*** **Chicken Nuggets w/Garlic Breadstick** Glazed Carrots Caesar Tossed Salad Fruit Choices