

# FEBRUARY

## NOVA ACADEMY EARLY COLLEGE HIGH SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	February 1, 2019
				FROSTED CORN FLAKES ^ WG Graham Crackers ^ Fresh Apple* Choice of Milk
February 4, 2019	February 5, 2019	February 6, 2019	February 7, 2019	February 8, 2019
MULTI GRAIN CHEERIOS^ Maple Breakfast Square ^ Craisins Orange-Tangerine Juice Choice of Milk	Choice of Milk TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Diced Peaches Grape Juice	COCOA PUFFS ^ Animal Grahams ^ Fresh Apple* Choice of Milk	STRAWBERRY PANCAKES ^ Fresh Orange* Fruit Punch Juice Choice of Milk	PLAIN BAGEL ^ Cream Cheese Fresh Apple* Choice of Milk Assorted Jelly
February 11, 2019	February 12, 2019	February 13, 2019	February 14, 2019	February 15, 2019
NO SCHOOL	RASPBERRY YOGURT Granola ^ Craisins Fruit Punch Juice Choice of Milk	String Cheese Lemon Mini Loaf ^ Fresh Apple* Choice of Milk	BEEF SAUSAGE SLIDER ^ Fresh Banana Grape Juice Assorted Jelly Choice of Milk	CINNAMON TOAST CRUNCH ^ Strawberry Pancake Square ^ Fresh Apple* Choice of Milk
February 18, 2019	February 19, 2019	February 20, 2019	February 21, 2019	February 22, 2019
PRESIDENTS DAY	GOLDEN GRAHAM CEREAL ^ Vanilla Waffle Square ^ Craisins Orange-Tangerine Juice Choice of Milk	Pumpkin Loaf ^ String Cheese Fresh Apple* Choice of Milk	CHICKEN BISCUIT ^ Craisins Fresh Orange* Ketchup Choice of Milk	VANILLA YOGURT Blueberry Muffin ^ Fresh Apple* Choice of Milk
February 25, 2019	February 26, 2019	February 27, 2019	February 28, 2019	March 1, 2019
String Cheese Corn Muffin ^ Diced Pears Craisins Choice of Milk	WAFFLES ^ Pineapple Tidbits Orange-Tangerine Juice Syrup Choice of Milk	FRUITY CHEERIOS ^ Animal Grahams ^ Fresh Apple* Choice of Milk	EGG & CHEESE BAGEL ^ Fresh Banana Grape Juice Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.

# FEBRUARY

## NOVA ACADEMY EARLY COLLEGE HIGH SCHOOL L2HS - Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	February 1, 2019
				RANCH TURKEY BURGER SPICY CHICKEN FILLET ^ BBQ Sauce Wrapped Hamburger Bun ^ Fresh Chopped Romaine (IW) Light Ranch Dressing SunSet Sip Juice Fruit Punch Juice Diced Peaches Choice of Milk
February 4, 2019	February 5, 2019	February 6, 2019	February 7, 2019	February 8, 2019
PANCAKES & SAUSAGE ^ Syrup Potato Rounds CHICKEN TENDERS WITH POTATO WEDGES ^ BBQ Sauce Tropical Veggie Juice Diced Peaches Pineapple Tidbits Ketchup Raspberry Cookies ^ Choice of Milk	CHEESE PIZZA ^ HOT DOG WITH POTATO ROUNDS Wrapped Hot Dog Bun ^ Mustard Ketchup Mixed Vegetables Applesauce Cup Fruit Punch Juice Multi Grain Sun Chips ^ Choice of Milk	MINI CORN DOGS ^ CHARBROILED HAMBURGER Wrapped Hamburger Bun ^ Maple Baked Beans SunSet Sip Juice Orange-Tangerine Juice Mixed Fruit Cup Mustard Ketchup (2) Choice of Milk	CHICKEN NUGGETS ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Fresh Broccoli Florets (IW) Light Ranch Dressing Fresh Apple* Chocolate Cookie ^ Choice of Milk	SALISBURY STEAK W/GRAVY & MASHED POTATOES Wrapped Sliced Bread ^ CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ Fresh Celery Sticks (IW) Light Ranch Dressing BBQ Sauce Corn Fresh Pear* Craisins Choice of Milk
February 11, 2019	February 12, 2019	February 13, 2019	February 14, 2019	February 15, 2019
NO SCHOOL	BEAN & CHEESE BURRITO ^ Salsa Cup HOT DOG WITH POTATO ROUNDS Wrapped Hot Dog Bun ^ Mustard Ketchup (2) Corn Mixed Fruit Cup Grape Juice Tortilla Rounds ^ Choice of Milk	CHICKEN NUGGETS WITH POTATO ROUNDS ^ BBQ Sauce Corn Muffin ^ CHARBROILED HAMBURGER Wrapped Hamburger Bun ^ Mustard Fiesta Beans Fresh Cauliflower Florets (IW) Light Ranch Dressing Fruit Punch Juice Fresh Banana Ketchup Choice of Milk	MAC & CHEESE ^ Breadstick (IW) ^ SunSet Sip Juice PIZZA DIPPERS ^ Marinara Dipping Sauce Fresh Chopped Romaine (IW) Light Ranch Dressing Fresh Apple* Choice of Milk	SLOPPY JOE SPICY CHICKEN FILLET ^ BBQ Sauce Diced Carrots Wrapped Hamburger Bun ^ Green Beans Fresh Orange* Diced Pears Choice of Milk
February 18, 2019	February 19, 2019	February 20, 2019	February 21, 2019	February 22, 2019
PRESIDENTS DAY	BBQ Sauce Ketchup Tropical Veggie Juice Applesauce Cup Grape Juice Multi Grain Sun Chips ^ Choice of Milk MEATLOAF PANINI ^ Green Beans CHICKEN TENDERS WITH POTATO WEDGES ^	POPCORN CHICKEN ^ Corn Muffin ^ BBQ Sauce CHARBROILED HAMBURGER Mustard Wrapped Hamburger Bun ^ French Fries Maple Baked Beans Fresh Pear* Orange-Tangerine Juice Ketchup (2) Choice of Milk	CHICKEN RANCH FLATBREAD ^ SunSet Sip Juice PIZZA DIPPERS ^ Marinara Dipping Sauce Mixed Vegetables Fresh Apple* Choice of Milk	MINI CHEESE RAVIOLI WITH SAUCE ^ Breadstick ^ CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ BBQ Sauce Mayonnaise Fresh Chopped Romaine (IW) Light Ranch Dressing Diced Carrots Fresh Banana Diced Pears Choice of Milk
February 25, 2019	February 26, 2019	February 27, 2019	February 28, 2019	March 1, 2019
CORN DOG ON A STICK ^ Mustard CHICKEN TENDERS WITH POTATO WEDGES ^ BBQ Sauce Corn Green Beans Apple Juice Pineapple Tidbits Ketchup Pretzel ^ Choice of Milk	TOASTY TUESDAY** 4-CHEESE PANINI ^ Tomato Soup ^ HOT DOG WITH POTATO ROUNDS Wrapped Hot Dog Bun ^ Mustard Ketchup (2) Mixed Vegetables Mixed Fruit Cup Apple Juice Vanilla Cookie ^ Choice of Milk	BBQ CHICKEN CHARBROILED HAMBURGER Mustard Ketchup Baby Carrots Wrapped Hamburger Bun ^ Maple Baked Beans Fresh Celery Sticks (IW) Light Ranch Dressing Fresh Orange* Grape Juice Choice of Milk	CHILI Corn Muffin ^ PIZZA DIPPERS ^ Marinara Dipping Sauce French Fries Fresh Apple* Ketchup Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.