




February 2023 Arlington High School Menu

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		Sausage, pepper and onion sub Oven baked fries Assorted fruit & veggies	Macaroni and cheese Warm dinner roll Assorted fruit & veggies	Assorted vegetable or meat flatbread pizzas Butternut squash Assorted fruit & veggies
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Classic cheeseburger, black bean burger, lettuce & tomato Seasoned wedges Assorted fruit & veggies	Spicy chicken wings, Roasted potatoes Celery and blue cheese Assorted fruit & veggies	Cheese tortellini marinara, optional all beef meatballs Assorted fruit & veggies	Tex-Mex soft beef or veggie tacos, Spanish rice & black beans, toppings Assorted fruit & veggies	Personal pan pizza, with assorted meat or veggie toppings Assorted fruit & veggies
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Baked breaded chicken drumstick, dinner roll Creamy mashed potatoes Delicata squash Assorted fruit & veggies	Chicken or veggie burrito bowls rice, corn, black beans, salsa & all the toppings Assorted fruit & veggies	All beef hot dog, or chili dog Sweet potato fries Assorted fruit & veggies	Chicken, broccoli and ziti alfredo Roasted veggies Garlic Texas toast Assorted fruit & veggies	Choice of fresh baked pizza with assorted meat or veggie toppings Assorted fruit & veggies



Have a Safe and Relaxing Break!

MONDAY 27	TUESDAY 28	Try some of our winter squash this month!		
Hot and toasty grilled cheese Assorted soup Choices Roasted acorn squash Assorted fruit & veggies	Chicken teriyaki or tofu teriyaki & veggie rice bowl Fresh pineapple Assorted fruit & veggies	 Acorn: Small and mildly nutty, acorn squashes feature edible skins and are perfect for roasting in halves. Stuff them with a flavorful filling for a delicious one-bowl meal.	 Butternut: The sweetest of winter squashes, butternut can be added to salads, pasta, and everything in between. The rind is not edible, so peel before cubing.	 Delicata: These oblong squashes are creamy & mild, with edible skin. They hold their shape when cooked, so roast them sliced or simmer them cubed in stews.

Breakfast is available daily at all schools before the start of the day.

Assorted cereal, bagels as well as hot items, fruit, milk and juice are available.



Arlington Food
and
Nutrition Services

Daily Alternates may
include:

Grab & go salads and sandwiches
Assorted pasta selections
Pizza Choices
Assorted hot items
Spicy black bean burgers
Veggie and hummus plates
Bagel lunches

Assorted fresh, chilled, and dried **fruit** as well as a mix of fresh cut **veggies** available daily

All meals come with a choice of milk.

"This institution is an equal opportunity provider"