

# Durant High School

## February 11-15

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

### Daily Special

*\*\*The Fresh Pick for February is Spinach to celebrate National Heart Month!*



<b>MONDAY</b>	No School
<b>TUESDAY</b>	Pasta Pronto offered with Breadstick & Seasoned Carrots
<b>WEDNESDAY</b>	Roasted Turkey offered with Whipped Potatoes & Gravy, Mixed Vegetables & Dinner Roll
<b>THURSDAY</b>	Chopstick Creations offered with Steamed Broccoli
<b>FRIDAY</b>	Chicken Fried Chicken offered with Whipped Potatoes, Green Beans and a Freshly Baked Roll

### Daily Special & Everyday

*Hamburger, Cheeseburger Crispy Chicken Sandwich, & Spicy Chicken Sandwich offered Daily!*  
*\*\*Special Promotion: Major Flavor Meltdown*



<b>MONDAY</b>	No School
<b>TUESDAY</b>	Popcorn Chicken offered with Western Baked Beans
<b>WEDNESDAY</b>	Popcorn Chicken offered with Sweet Potato Fries
<b>THURSDAY</b>	Popcorn Chicken offered with Potato Wedges
<b>FRIDAY</b>	Chicken Fried Steak Sandwich offered with French Fries

### Daily Special & Everyday

*Cheese and Pepperoni Pizza offered daily*



*Pizzas are made with low sodium sauce, low fat cheeses and a whole grain crust*

<b>MONDAY</b>	No School
<b>TUESDAY</b>	Pepperoni Calzone
<b>WEDNESDAY</b>	Spicy Buffalo Chicken Pizza
<b>THURSDAY</b>	Italian Sausage Pizza
<b>FRIDAY</b>	BBQ Chicken Pizza

### Daily Specials

*Nacho Bar offered daily with variety of Cheese Sauces, Mexican Chicken, Refried Beans & Crumbled Beef*

*\*\*Join us for our special promotion Nacho Usual Nachos on Thursday!*



<b>MONDAY</b>	No School
<b>TUESDAY</b>	Nacho Bar offered with Fiesta Potatoes
<b>WEDNESDAY</b>	Nacho Bar offered with Frijoles Charros Beans
<b>THURSDAY</b>	**Nacho Usual Nachos
<b>FRIDAY</b>	Nacho Bar offered with Refried Beans

### Daily Specials & Everyday

*Turkey and Ham Subs made fresh and offered daily*



*Fast Takes products are made daily using local ingredients when seasonally available*

<b>MONDAY</b>	No School	<b>V</b>
<b>TUESDAY</b>	Chef Salad	
<b>WEDNESDAY</b>	Crispy Chicken Salad or Southwest Turkey Sub	
<b>THURSDAY</b>	Chicken Caesar Salad	
<b>FRIDAY</b>	Cobb Salad or Sunbutter & Jelly Sandwich	<b>V</b>



We use menu identifiers in the café to help students recognize Vegetarian & Mindful options. Mindful selections meet specific criteria for fat, sodium & calories.

*This institution is an equal opportunity provider.*

Nutrition Information is available upon request.

