

Durant High School

February 18-22

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

SIDES

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!*

CREATIONS

- MONDAY** Chopstick Creations offered with Green Beans
- TUESDAY** Whole Grain Pancakes, Scrambled Egg & Sausage offered with Sweet Potato Fries
- WEDNESDAY** Homemade Beef Lasagna offered with Breadstick and Mixed Vegetables
- THURSDAY** Pasta Pronto offered with Breadstick and Green Peas
- FRIDAY** Popcorn Chicken Bowl offered with Freshly Baked Roll & Green Beans

Daily Special & Everyday

Hamburger, Cheeseburger Crispy Chicken Sandwich, & Spicy Chicken Sandwich offered Daily!

GRILL

- MONDAY** Popcorn Chicken offered with Tater Tots
- TUESDAY** Popcorn Chicken offered with Western Baked Beans
- WEDNESDAY** Popcorn Chicken offered with Sweet Potato Fries
- THURSDAY** Popcorn Chicken offered with Potato Wedges
- FRIDAY** Grilled Chicken Sandwich offered with French Fries

PIZZA

Daily Special & Everyday

Cheese and Pepperoni Pizza offered daily

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

- MONDAY** Taco Pizza
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Italian Sausage Pizza
- THURSDAY** Meat Lovers Calzone
- FRIDAY** Spicy Buffalo Chicken Pizza

SALSA

Daily Specials

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

- MONDAY** Nacho Bar offered with Refried Beans
- TUESDAY** Nacho Bar offered with Fiesta Potatoes
- WEDNESDAY** Nacho Bar offered with Frijoles Charros Beans
- THURSDAY** Nacho Bar offered with Fiesta Potatoes
- FRIDAY** Nacho Bar offered with Refried Beans

FAST TAKES

Daily Specials & Everyday

Turkey and Ham Subs made fresh and offered daily

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

- MONDAY** Hearty Garden Salad or Southwest Turkey Sub **V**
- TUESDAY** Chef Salad or Chicken Caesar Flatbread
- WEDNESDAY** Southwest BBQ Chicken Salad or Chicken Salad Sub
- THURSDAY** Chicken Caesar Salad
- FRIDAY** Spicy Buffalo Chicken Salad or Sunbutter & Jelly Sandwich **V**

V Vegetarian

M Mindful

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.

