

# Durant High School

## February 25- March 1

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!*

*\*\*Join us for some yummy chili on February 28th to celebrate National Chili Day!*

### CREATIONS

<b>MONDAY</b>	Cheese Dippers offered with Classic Tomato Soup	<b>V</b>
<b>TUESDAY</b>	Chopstick Creations offered with Seasoned Carrots	
<b>WEDNESDAY</b>	Pasta Pronto offered with Roasted Squash & Zucchini	
<b>THURSDAY</b>	**Hearty Chili & Cornbread offered with Golden Corn	
<b>FRIDAY</b>	Country Fried Steak offered with Mashed Potatoes, Green Beans and a Freshly Baked Roll	

### Daily Special & Everyday

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

### GRILL

<b>MONDAY</b>	Popcorn Chicken offered with Tater Tots
<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>	Grilled Chicken Club 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*

<b>MONDAY</b>	Supreme Pizza
<b>TUESDAY</b>	Pepperoni Calzone
<b>WEDNESDAY</b>	Spicy Buffalo Chicken Pizza
<b>THURSDAY</b>	Sausage Calzone
<b>FRIDAY</b>	BBQ Chicken Pizza

### SALSA

### 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>	Nacho Bar offered with Refried Beans
<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

### 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*

<b>MONDAY</b>	Hearty Garden Salad or Sweet & Spicy Sub	<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>

### **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.

