

# FEBRUARY 2023

## James W Parker Middle School

### LUNCH



Lunch  
Reduced  
Adult

\$3.50  
\$0.40  
\$4.25



**February is American Heart Month.** Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

Blank lunch menu box for Monday.

Blank lunch menu box for Tuesday.

Hot Dog w/Toppings **1**  
Baked Beans  
Fruit Cup

Mac & Cheese **2**  
Dinner Roll  
Winter Blend Veggies  
Mandarin Oranges

Chicken Quesadilla **3**  
Seasoned Corn  
Fruit Cup  
Fruit Churro

Spaghetti & Meatballs **6**  
Breadstick  
Mixed Vegetables  
Pears

General Tso's Chicken **7**  
Rice  
Spinach Side Salad  
Broccoli  
Side Kicks Fruit Cup

Breaded Drumsticks **8**  
Fries  
Biscuit  
Pineapple Cup  
Seasoned Vegetable

Cheeseburger **9**  
Chef's Choice Veggie  
Fries  
Peaches

Chicken Patty Sandwich **10**  
Mixed Vegetables  
Sliced Apples w/ Caramel

Pizza **13**  
Seasoned Veggies  
Fruit cup

Italian Dunkers **14**  
Dipping Sauce  
Side Kicks Fruit Cups  
Glazed carrots

Chicken Fajita Wrap **15**  
Seasoned Corn  
Applesauce  
Fruit Churro

Grilled Cheese **16**  
Tomato Soup  
Green Beans  
Peaches

**No School** **17**

Presidents' Day **20**

Loaded Fries **21**  
Corn  
Soft Pretzel  
Spinach Side Salad  
Mandarin Oranges

Ham & Cheese **22**  
Sandwich  
California Vegetable Blend  
Potato Wedges  
Apple Slices w/ Caramel

Chicken Noodle Soup **23**  
Breadstick  
Peas  
Peaches

Corn dog w/ Dinner Roll **24**  
Side Salad  
Broccoli  
Pears

Chicken Fritter **27**  
Sandwich  
Green Beans  
Pears

Meatball Sub **28**  
Corn  
Fruit Cup



Blank lunch menu box for Friday.