

FEBRUARY 2024

GENERAL McLANE HIGH SCHOOL

LUNCH



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.

Reference: USDA MyPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Goulash
Diced Carrots
Apple Sauce

5

Cheese Calzone
Cooked Cauliflower
Pears

6

Pancakes & Sausage
Tater Tots
Side Kicks Fruit Cup

7

Popcorn Chicken Bowl
Dinner Roll
Sidekicks Fruit Cup

1

Lasagna
Side Salad
Mixed Fruit

2

Chicken Fajitas
Seasoned Corn
Fruit

12

Spaghetti With Meat
Sauce
Breadstick
Green Beans
Assorted Fruit

13

Maple French Toast
W/ Sausage
Tater Tots
Fresh Fruit Salad

14

Loaded Fries
Mixed Vegetables
Peaches

15

**NO
SCHOOL**

16

PRESIDENTS DAY
**NO
SCHOOL**

19

Chicken Parmesan
Sandwich
Green Beans
Fruit

20

Mac & Cheese
Cauliflower
Fruit

21

Chicken Tenders
W/dipping sauce
Cooked Carrots
Fruit

22

Italian Dunkers
w/ Marinara Sauce
Seasoned Vegetables
Pineapple

23

Grilled Cheese
Tomato Soup
Tater Tots
Mandarin Oranges

26

Walking Taco
Corn
Sliced Apple

27

General Tso
Broccoli
Rice
Fruit

28

Chicken and Biscuits
Cooked Carrots
Pears

29