

Hillsborough County Public Schools

Satellite Menu February 2017

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **ESL Valentines Day ESL Activities for Teens and Adults and young learners** | 1**BREAKFAST**Assorted Cereal w/ Strawberry Graham Bear100% 4oz Juice or Assorted FruitAssorted Low Fat Milk**LUNCH**Original CheeseburgerFresh Roasted Butternut SquashFresh Garden Side SaladBananaAssorted Baked Sun Chips®Assorted Low Fat Milk | 2**BREAKFAST**Peanut Butter & Jelly Bar100% 4oz Juice or Assorted FruitAssorted Low Fat Milk**LUNCH**Italian Baked ZitiBaby Carrots w/ Lite Ranch DipFresh Garden Side SaladApplesauceAssorted Low Fat Milk | 3**BREAKFAST**Yogurt w/ Homemade Granola100% 4oz Juice or Assorted FruitAssorted Low Fat Milk**LUNCH**Cheesy EnchiladasSeasoned Black BeansFresh Garden Side SaladAssorted Fruit CupAssorted Low Fat Milk |
| 6**BREAKFAST**Breakfast Protein Bar100% Fruit JuiceAssorted Low Fat Milk**LUNCH**Crispy Chicken SandwichHoney Glazed CarrotsBaked Sweet Plantains100% 4oz Fruit JuiceAssorted Baked Sun Chips®Assorted Low Fat Milk | 7**BREAKFAST**Assorted Cereal w/ Strawberry Graham Bear 100% 4oz Juice or Assorted FruitAssorted Low Fat Milk**LUNCH**BBQ Teriyaki Chicken w/ Yellow RiceSpanish Chickpea StewBaby Carrots w/ Lite Ranch Dip100% 4oz JuiceAssorted Low Fat Milk | 8**BREAKFAST**Whole Grain Muffin w/ Mozzarella Cheese 100% 4oz Juice or Assorted FruitAssorted Low Fat Milk**LUNCH**Roasted Drumstick w/ Mashed PotatoesHerbed Green BeansFresh Garden Side SaladBananaAssorted Baked Sun Chips®Assorted Low Fat Milk | 9**BREAKFAST**Yogurt w/ Homemade Granola100% 4oz Juice or Assorted FruitAssorted Low Fat Milk**LUNCH**Tuscan Spaghetti and MeatballsCarrot SouffléBroccoliApplesauceFresh Baked RollAssorted Low Fat Milk | 10**Fair Day- West County Closed** |
| 13**BREAKFAST**Breakfast Protein Bar100% 4oz Juice or Assorted FruitAssorted Low Fat Milk**LUNCH**Rosemary & Garlic Roasted Chicken w/ Pilaf RiceSweet Kernel CornFresh Garden Side SaladApplesauceAssorted Low Fat Milk | 14**BREAKFAST**Peanut Butter & Jelly Bar100% 4oz Juice or Assorted FruitAssorted Low Fat Milk**LUNCH**General Tso’s Chicken w/ Stir Fry RiceHerbed Green BeansGrape Tomatoes w/ Lite Ranch Dip100% 4oz JuiceAssorted Low Fat MilkValentine’s Day Treat | 15BREAKFASTWhole Grain Muffin w/ Mozzarella Cheese100% 4oz Juice or Assorted FruitAssorted Low Fat MilkLUNCHRoasted Drumstick w/ Mashed PotatoesHoney Glazed CarrotsFresh Garden Side SaladBananaAssorted Baked Sun Chips®Assorted Low Fat Milk | 16**BREAKFAST**Peanut Butter & Jelly Bar100% 4oz Juice or Assorted FruitAssorted Low Fat Milk**LUNCH**Tuscan Chicken PastaFresh Garlic Herb Roasted VegetablesBaby Carrots w/ Lite Ranch DipApple SlicesAssorted Low Fat Milk | 17**BREAKFAST**Yogurt w/ Homemade Granola100% 4oz Juice or Assorted FruitAssorted Low Fat Milk**LUNCH**Cheesy EnchiladasSeasoned Black BeansFresh Garden Side SaladAssorted Fruit CupAssorted Low Fat Milk |
| 20PRESIDENT’S DAY NO SCHOOL | 21**BREAKFAST**Peanut Butter & Jelly Bar100% 4oz Juice or Assorted FruitAssorted Low Fat Milk**LUNCH**Crispy Chicken SandwichMashed PotatoesFresh Garden Side SaladApple SlicesAssorted Baked Sun Chips®Assorted Low Fat Milk | 22**BREAKFAST**Assorted Cereal w/ Strawberry Graham Bear100% 4oz Juice or Assorted FruitAssorted Low Fat Milk**LUNCH**Original CheeseburgerFresh Roasted Butternut SquashFresh Garden Side SaladBananaAssorted Baked Sun Chips®Assorted Low Fat Milk | 23**BREAKFAST**Peanut Butter & Jelly Bar100% 4oz Juice or Assorted Fruit**LUNCH**Italian Baked ZitiBaby Carrots w/ Lite Ranch DipFresh Garden Side SaladApplesauceAssorted Low Fat Milk | 24**BREAKFAST**Yogurt w/ Homemade Granola100% 4oz Juice or Assorted FruitAssorted Low Fat Milk**LUNCH**White Chicken Chili Seasoned Black BeansFresh Garden Side SaladAssorted Fruit CupBaked Tostito ScoopsAssorted Low Fat Milk |
| 27**BREAKFAST**Breakfast Protein Bar100% Fruit JuiceAssorted Low Fat Milk**LUNCH**Crispy Chicken SandwichMashed PotatoesBaked Sweet Plantains100% 4oz Fruit JuiceAssorted Baked Sun Chips®Assorted Low Fat Milk | 28**BREAKFAST**Peanut Butter & Jelly Bar100% 4oz Juice or Assorted FruitAssorted Low Fat Milk**LUNCH**Sweet & Sour Chicken w/ Yellow RiceSpanish Chickpea StewBaby Carrots w/ Lite Ranch Dip100% 4oz JuiceAssorted Low Fat Milk |