

Hillsborough County Public Schools

Satellite Menu February 2017

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **ESL Valentines Day ESL Activities for Teens and Adults and young learners** | | 1  **BREAKFAST**  Assorted Cereal w/ Strawberry Graham Bear  100% 4oz Juice or Assorted Fruit  Assorted Low Fat Milk  **LUNCH**  Original Cheeseburger  Fresh Roasted Butternut Squash  Fresh Garden Side Salad  Banana  Assorted Baked Sun Chips®  Assorted Low Fat Milk | 2  **BREAKFAST**  Peanut Butter & Jelly Bar  100% 4oz Juice or Assorted Fruit  Assorted Low Fat Milk  **LUNCH**  Italian Baked Ziti  Baby Carrots w/ Lite Ranch Dip  Fresh Garden Side Salad  Applesauce  Assorted Low Fat Milk | 3 **BREAKFAST**  Yogurt w/ Homemade Granola  100% 4oz Juice or Assorted Fruit  Assorted Low Fat Milk  **LUNCH**  Cheesy Enchiladas  Seasoned Black Beans  Fresh Garden Side Salad  Assorted Fruit Cup  Assorted Low Fat Milk |
| 6  **BREAKFAST**  Breakfast Protein Bar  100% Fruit Juice  Assorted Low Fat Milk  **LUNCH**  Crispy Chicken Sandwich  Honey Glazed Carrots  Baked Sweet Plantains  100% 4oz Fruit Juice  Assorted Baked Sun Chips®  Assorted Low Fat Milk | 7  **BREAKFAST**  Assorted Cereal w/ Strawberry Graham Bear  100% 4oz Juice or Assorted Fruit  Assorted Low Fat Milk  **LUNCH**  BBQ Teriyaki Chicken w/ Yellow Rice  Spanish Chickpea Stew  Baby Carrots w/ Lite Ranch Dip  100% 4oz Juice  Assorted Low Fat Milk | 8  **BREAKFAST**  Whole Grain Muffin w/ Mozzarella Cheese  100% 4oz Juice or Assorted Fruit  Assorted Low Fat Milk  **LUNCH**  Roasted Drumstick w/ Mashed Potatoes  Herbed Green Beans  Fresh Garden Side Salad  Banana  Assorted Baked Sun Chips®  Assorted Low Fat Milk | 9  **BREAKFAST**  Yogurt w/ Homemade Granola  100% 4oz Juice or Assorted Fruit  Assorted Low Fat Milk  **LUNCH**  Tuscan Spaghetti and Meatballs  Carrot Soufflé  Broccoli  Applesauce  Fresh Baked Roll  Assorted Low Fat Milk | 10  **Fair Day- West County Closed** |
| 13  **BREAKFAST**  Breakfast Protein Bar  100% 4oz Juice or Assorted Fruit  Assorted Low Fat Milk  **LUNCH**  Rosemary & Garlic Roasted Chicken w/ Pilaf Rice  Sweet Kernel Corn  Fresh Garden Side Salad  Applesauce  Assorted Low Fat Milk | 14  **BREAKFAST**  Peanut Butter & Jelly Bar  100% 4oz Juice or Assorted Fruit  Assorted Low Fat Milk  **LUNCH**  General Tso’s Chicken w/ Stir Fry Rice  Herbed Green Beans  Grape Tomatoes w/ Lite Ranch Dip  100% 4oz Juice  Assorted Low Fat Milk  Valentine’s Day Treat | 15 BREAKFAST Whole Grain Muffin w/ Mozzarella Cheese  100% 4oz Juice or Assorted Fruit  Assorted Low Fat Milk LUNCH Roasted Drumstick w/ Mashed Potatoes  Honey Glazed Carrots  Fresh Garden Side Salad  Banana  Assorted Baked Sun Chips®  Assorted Low Fat Milk | 16  **BREAKFAST**  Peanut Butter & Jelly Bar  100% 4oz Juice or Assorted Fruit  Assorted Low Fat Milk  **LUNCH**  Tuscan Chicken Pasta  Fresh Garlic Herb Roasted Vegetables  Baby Carrots w/ Lite Ranch Dip  Apple Slices  Assorted Low Fat Milk | 17  **BREAKFAST**  Yogurt w/ Homemade Granola  100% 4oz Juice or Assorted Fruit  Assorted Low Fat Milk  **LUNCH**  Cheesy Enchiladas  Seasoned Black Beans  Fresh Garden Side Salad  Assorted Fruit Cup  Assorted Low Fat Milk |
| 20  PRESIDENT’S DAY  NO SCHOOL | 21  **BREAKFAST**  Peanut Butter & Jelly Bar  100% 4oz Juice or Assorted Fruit  Assorted Low Fat Milk  **LUNCH**  Crispy Chicken Sandwich  Mashed Potatoes  Fresh Garden Side Salad  Apple Slices  Assorted Baked Sun Chips®  Assorted Low Fat Milk | 22 **BREAKFAST**  Assorted Cereal w/ Strawberry Graham Bear  100% 4oz Juice or Assorted Fruit  Assorted Low Fat Milk  **LUNCH**  Original Cheeseburger  Fresh Roasted Butternut Squash  Fresh Garden Side Salad  Banana  Assorted Baked Sun Chips®  Assorted Low Fat Milk | 23  **BREAKFAST**  Peanut Butter & Jelly Bar  100% 4oz Juice or Assorted Fruit  **LUNCH**  Italian Baked Ziti  Baby Carrots w/ Lite Ranch Dip  Fresh Garden Side Salad  Applesauce  Assorted Low Fat Milk | 24  **BREAKFAST**  Yogurt w/ Homemade Granola  100% 4oz Juice or Assorted Fruit  Assorted Low Fat Milk  **LUNCH**  White Chicken Chili  Seasoned Black Beans  Fresh Garden Side Salad  Assorted Fruit Cup  Baked Tostito Scoops Assorted Low Fat Milk |
| 27  **BREAKFAST**  Breakfast Protein Bar  100% Fruit Juice  Assorted Low Fat Milk  **LUNCH**  Crispy Chicken Sandwich  Mashed Potatoes  Baked Sweet Plantains  100% 4oz Fruit Juice  Assorted Baked Sun Chips®  Assorted Low Fat Milk | 28  **BREAKFAST**  Peanut Butter & Jelly Bar  100% 4oz Juice or Assorted Fruit  Assorted Low Fat Milk  **LUNCH**  Sweet & Sour Chicken w/ Yellow Rice  Spanish Chickpea Stew  Baby Carrots w/ Lite Ranch Dip  100% 4oz Juice  Assorted Low Fat Milk |