

VESTAVIA HILLS Pizitz Middle School
MONTH: February 2010

LUNCH MENU
MILK AND FRUIT OFFERED DAILY
MENUS ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> Salisbury Steak Corndogs Mashed Potatoes/Gravy Steamed Baby Carrots Green Peas Fresh Rolls	<p>2</p> Tacos Chicken Fajita Refried Beans Spanish Rice Pico de Gallo	<p>3</p> Chicken Fingers Pork Roast With Fixings Green Peas Seasoned New Potatoes Squash Casserole Fresh Rolls	<p>4</p> Spaghetti/ Meat Sauce Breaded Chicken Sandwich Italian Green Beans Carrot Soufflé Garden Salad Garlic Twist	<p>5</p> Chicken Wings Texas Stuffed Potatoes Baked Beans Corn on the Cob Cole Slaw Fresh Rolls
<p>8</p> Chicken Nuggets Beef Tips Rice/Gravy Steamed Broccoli Steamed Carrots Fresh Rolls	<p>9</p> Pizza Tortellini Bake Baked Potato Green Beans Garlic Twist	<p>10</p> Crispitos Chicken Quesadillas Refried Beans Seasoned Corn Spanish Rice	<p>11</p> Oven Baked Chicken Hamburgers Baked Beans Steamed Broccoli Baked French Fries Cole Slaw	<p>12</p> Spinach Rolls Spicy Chicken Sandwich Steamed Italian Veggies Baked Potato Halves Spiced Fruit Garlic Twist
<p>15</p> Professional Development No Students	<p>16</p> LAISSEZ LES BON TEMPS Professional Development No Students	<p>17</p> Chicken Fingers Meatloaf Mashed Potatoes Squash Casserole Green Peas Fresh Rolls	<p>18</p> Tacos Chicken Fajitas Refried Beans Spanish Rice Seasoned Corn	<p>19</p> BBQ Sandwich Catfish Fingers Seasoned New Potatoes Steamed California Veggies Steamed Carrots Fresh Rolls

<p style="text-align: center;">22</p> <p style="text-align: center;">Crispitos Chicken Quesadillas Black Beans Seasoned Corn Pico De Gallo</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">Pizza Stromboli Italian Green Beans Baked Potato Halves</p>	<p style="text-align: center;">24</p> <p style="text-align: center;">Chicken Nuggets Country Fried Steak/Gravy Macaroni Cheese Black-eyed Peas Steamed Cabbage Cornbread</p>	<p style="text-align: center;">25</p> <p style="text-align: center;">Menus and Music Basketball Cheerleaders Tacos Italian Dunkers with Vegetable Marinara Baked French Fries Macaroni and Cheese Steamed Broccoli</p>	<p style="text-align: center;">26</p> <p style="text-align: center;">Chicken & Rice Casserole Hamburgers Fish Sandwich Corn on the Cob Carrot Soufflé Spiced Fruit</p>