








**February 2023 Lunch Menu 6-8 \$1.75**

**WILLIAM G. HOUSTON MIDDLE SCHOOL**

*\*On Thurs., 2/9 and Fri., 2/10, if you buy a lunch, you will receive a ticket. Fill out the ticket & put it in the box in the kitchen. A name will be drawn for a \$10.00 gift card for the snack cart.*



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Meatball Submarine w/Mozzarella Cheese ----- Carrots 1/2c Green Beans 1/2c Fresh Fruit – 1 Piece Milk-8oz	2 Turkey w/ Gravy, Stuffing and a Dinner Roll ----- Mashed Potatoes 1/2c Fresh Fruit – 1 Piece Milk -8oz	3 Grilled Cheese ----- Vegetarian Beans 1/2c Broccoli 1/2c Fruit 1/2c Milk-8oz
6 Chicken Patty on a Bun ----- Green Beans 3/4c Fresh Fruit-1 Piece Milk-8oz	7 8" Taco w/Meat, Cheese, Lettuce and Salsa ----- Vegetarian Beans 3/4c Fruit 1/2c Milk-8oz	8 Spaghetti & Meatballs w/a Dinner Roll ----- Broccoli 3/4c Fruit 1/2c Milk-8oz	9 Croissant or Bagel Breakfast Sandwich ----- Roasted Potatoes 3/4c NYS Apple-1 Piece Milk-8oz	10 <b>SUPER BOWL FIESTA</b> Hot Dog on a Bun Hamburger/Cheeseburger on a Bun Or Nacho Grande ----- Carrots 3/4c Fruit 1/2c Milk-8oz
13 Chicken Tenders w/Dipping Sauce ----- Broccoli 3/4c Fresh Fruit-1 Piece Milk-8oz	14 Taco in a Bag w/Nacho Doritos, Meat, Cheese and Salsa ----- Baked Beans 3/4c Fruit 1/2c Milk-8oz	15 Hamburger or Cheeseburger on a Bun ----- Green Beans 3/4c Fresh Fruit – 1 Piece Milk -8oz	16 Mozzarella Sticks w/Dipping Sauce ----- Carrots 3/4c NYS Apple-1 Piece Milk-8oz	17 Grilled Cheese Sandwich ----- Roasted Potatoes 3/4c Fresh Fruit – 1 Piece Milk-8oz
<b>NO SCHOOL – WINTER RECESS</b>				
				
27 Chicken Nuggets ----- Vegetarian Beans 3/4c NYS Apple - 1 Piece Milk-8oz	28 8" Taco w/Meat, Cheese, Lettuce and Salsa ----- Carrots 3/4c Fruit 1/2c Milk -8oz	 <b>NYS POTATOES</b> <b>NYS APPLES</b>		

**NYS LOCAL FOODS**

*\*Upstate Farms Dairy  
-milk, yogurt, sour cream  
\*LynOaken Farms Apples  
\*Local Farm Vegetables and Fruit  
used in Meal Program  
highlighted in green*

***In addition to the Entrée of the Day, we also serve the following Items Daily:***

*Cheese or Cheese and Pepperoni Pizza (2M-2G)*

*6" Subs Made to Order (2M2G)*

*8" Taco's Beef or Chicken (2M-2G)*

*Julienne Salad (Includes Flatbread) 2M2G*

*Peanut Butter & Jelly Sandwich (2M2G)*

*Fruit & Yogurt Parfait w/Flatbread(2M2G)*

***Offered daily with all School Lunches:***

***Fresh or Prepared Fruit***

*(Must take ½ cup of Fruit or Vegetable – may take up to 1 cup)*

***NY State Non or Low Fat White or Non Fat Chocolate Milk 8oz***