



# Schuylkill Valley High School


## February 2024



Every meal consists of servings from the following 5 meal components: Meat/Meat Alternate, Whole Grains, Vegetable, Fruit, and Milk

Students **MUST** select a **MINIMUM** of 3 meal components offered and 1 **MUST** be a fruit or vegetable

A selection of white and flavored 1% and skim milk are offered daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Assorted Subway Subs Carrots, Lettuce & Tomato Cups Fruit Choice	Hot Ham & Cheese on Pretzel Bun Tomato Soup, Corn Fruit Choice
5	6	7	8	9
Pepper Jack Cheese Enchilladas Mexican Beans, Tossed Salad Fruit Choice	Hot Dog & Mac & Cheese Broccoli, Carrot Sticks Fruit Choice	Rib B Que Sandwich Mashed Potatoes, Tossed Salad Fruit Choice	Cheeseburger Glazed Carrots & French Fries Fruit Choice	Popcorn Chicken w/ Dinner Roll Green Beans, Au Gratin Potatoes Fruit Choice
12	13	14	15	16
Chicken Filet Sandwich Smile Fries, Fresh Baby Carrots Fruit Choice	Walking Tacos w/ Lettuce & Tomato, Corn and Mexican Beans Fruit Choice	General Tso's Chicken over Rice w/ Roll, Broccoli & Celery Sticks Fruit Choice	Assorted Subway Subs Peas, Lettuce & Tomato Cups Fruit Choice	Chicken Tenders w/ Dinner Roll Glazed Carrots & Scalloped Potatoes Fruit Choice
19	20	21	22	23
<b>NO SCHOOL HOLIDAY</b>	Bacon, Egg and Cheese on Croissant Hash Brown Patty & Green Beans Fruit Choice	Cheese Steak Broccoli, Celery Sticks Fruit Choice	Cheeseburger Curly Fries, Glazed Carrots Fruit Choice	Chicken Nuggets w/ Dinner Roll, Baked Beans & Corn Fruit Choice
26	27	28	29	<b>Meal Prices</b> Breakfast - Free for all Students Lunch - \$3.10 - Paid
Chicken Parm w/ Pasta Tossed Salad, Green Beans Fruit Choice	Beef Nachos Grande' w/Lettuce & Tomato, Corn, Mexican Beans Fruit Choice	Teriyaki Chicken over Rice Broccoli & Celery Sticks Fruit Choice	Assorted Subway Subs Carrots, Lettuce & Tomato Cups Fruit Choice	

**OFFERED DAILY** - The following entrees will be offered daily as an alternate to the featured daily entrée -  
**PIZZA, PBJ UNCRUSTABLE SANDWICH, ITALIAN SUB, WRAP OF THE DAY AND ENTRÉE SALAD W/PROTEIN**