

FEBRUARY 2019

PALMER RIDGE HIGH SCHOOL MENU

Lunch: \$3.00
 Reduced: \$.40
 Free: \$.00

Monday
Tuesday
Wednesday
Thursday
Friday

There is a choice of entrees served daily with unlimited fruit and vegetable bar
 A different entree is offered daily or a choice of the following entrees are also available:
 Specialty Pizza
 Chicken Patty Sandwich
 Hamburger on Bun
 Grab N' Go Salads

4
 Penne Pasta with Alfredo Sauce
 Steamed Broccoli
 Veggie & Fruit Bar
 Assorted Milk

5
 Oven Baked Chicken
 Mashed Potatoes & Gravy
 Whole Wheat Roll
 Fruit & Veggie Bar
 Assorted Milk

6
 Chicken Enchilada
 Spanish Rice
 Cinnamon Churro
 Fruit & Veggie Bar
 Assorted Milk

7
 Chicken Fried Steak
 Mashed Potatoes & Gravy
 Fruit & Veggie Bar
 Assorted Milk

8
 Cheese Bosco Sticks
 Seasoned Vegetables
 Fruit & Veggie Bar
 Assorted Milk

11
 Mandarin Orange Chicken
 Steamed Brown Rice
 Broccoli
 Fortune Cookie
 Veggie & Fruit Bar
 Assorted Milk

12
 Baked Chicken Nuggets
 Baked French Fries
 Chocolate Chip Cookie
 Fruit & Veggie Bar
 Assorted Milk

13
 Spaghetti & Meat Sauce
 Green Beans
 Fresh Roll
 Veggie & Fruit Bar
 Assorted Milk

14
 Taquitos
 Spanish Rice
 Cinnamon Churro
 Fruit & Veggie Bar
 Assorted Milk

15
 Salisbury Steak
 Mashed Potatoes & Gravy
 Whole Wheat Roll
 Fruit & Veggie Bar
 Assorted Milk

18
**No School
 District is Closed**

19
 Teriyaki Chicken
 Brown Rice
 Steamed Broccoli
 Fruit & Veggie Bar
 Assorted Milk

20
 PRHS Specialty Pizza
 Green Beans
 Fruit & Veggie Bar
 Assorted Milk

21
 Chicken & Rice Burrito
 Mashed Potatoes w/ Green Chili
 Cinnamon Churro
 Fruit & Veggie Bar
 Assorted Milk

22
 Bacon Cheeseburger
 Baked Beans
 Fruit & Veggie Bar
 Assorted Milk

25
 Mandarin Orange Chicken
 Brown Rice
 Steamed Broccoli
 Fortune Cookie
 Fruit & Veggie Bar
 Assorted Milk

26
 Chicken Patty Sandwich
 Baked Potato Fries
 Cookie
 Fruit & Veggie Bar
 Assorted Milk

27
 Bratwurst on a Bun
 Baked Potato Fries
 Frosted Cake
 Fruit & Veggie Bar
 Assorted Milk

28
 Chicken Fajitas
 Spanish Rice
 Cinnamon Churro
 Fruit & Veggie Bar
 Assorted Milk

MY SCHOOL BUCKS **PAY FOR MEALS ONLINE**
MySchoolBucks.com

USDA is an equal employer

Omega-3 Fats are crucial for good health and most of us don't get enough. A low intake of omega-3 is associated with a lower IQ, depression and various mental disorders, and also heart disease. Try to increase your intake of omega-3 by adding good sources like mackerel, salmon, herring, cod liver oil, fish oils, and flaxseeds and chia seeds.

Breakfast is served at Bear Creek, Palmer Lake and Lewis Palmer Elementary Schools and all secondary schools