

Mabank ISD Jr.High and High School February 2012 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Meat Balls & Brown Gravy with Egg Noodles Mashed Potatoes Green Beans Diced Peaches Bread Stick Choice of Ice Cold Milk	2 Pork Roast W/ Gravy New Potatoes Carrots Sliced Pears Wheat Roll Choice of Ice Cold Milk	3 Spaghetti & Meat Sauce Corn on the Cob Tossed Salad Mixed Fruit Garlic Toast Choice of Ice Cold Milk
6 Egg Rolls Japanese Vegetables Fried Rice Mandarin Oranges Fortune Cookie Choice of Ice Cold Milk	7 Country Fried Steak Pepper Gravy Mashed Potatoes Green Peas Pine Apple Rings Wheat Roll Choice of Ice Cold Milk	8 Cheesy Chicken over Rice Steamed Carrots Garden Salad Apple Sauce Choice of Ice Cold Milk	9 Lasagna Steamed Corn Black Eyed Peas Sliced Peaches Garlic Bread Choice of Ice Cold Milk	10 Breaded Fish Pinto Beans Cole Slaw Mixed Fruit Biscuit Choice of Ice Cold Milk
13 Salisbury Steak Scalloped Potatoes Green Pea's Apple Sauce Bread Stick Choice of Ice Cold Milk	14 Chicken Pot Pie Green Beans Garden Salad Blushing Pears Choice of Ice Cold Milk	15 Baked BBQ Chicken Pinto Beans Cabbage Fresh Apple Wheat Roll Choice of Ice Cold Milk	16 Manager's Choice Choice of Ice Cold Milk	17 NO SCHOOL
20 NO SCHOOL	21 Chicken Parmesan Steamed Cauliflower Black Eyed Peas Chilled Diced Peaches Texas Toast Choice of Ice Cold Milk	22 Country Fried Steak Pepper Gravy Steamed Corn Cabbage Pine Apple Rings Wheat Roll Choice of Ice Cold Milk	23 Lasagna Sugar Snap Pea's Garden Salad Mixed Fruit Garlic Bread Choice of Ice Cold Milk	24 Breaded Fish Corn on the Cob Cole Slaw Mandarin Oranges Wheat Roll Choice of Ice Cold Milk
27 Steak Fingers Pepper Gravy Scalloped Potatoes Green Beans Pine Apple Rings Biscuit Choice of Ice Cold Milk	28 Chicken Spaghetti Green Peas Tossed Salad Fresh Sliced Apples Garlic Bread Choice of Ice Cold Milk	29 Meat Loaf Mashed Potatoes Baked Beans Diced Peaches Texas Toast Choice of Ice Cold Milk		

Choice of Milk, Chef Salads, Wraps, & Sandwiches Offered Daily **Menus are subject to change.**



An asterisk(*) denotes components of Balanced Choices meals that meet strict nutrient parameters for calories, fat, saturated fat, cholesterol, fiber, sodium, and other key nutrients. All Balanced Choices meals include a choice of 1% white milk.



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