

Sandwich Central

Cold Sandwiches & Salads Made Fresh Your Way

Available Daily

Whole Wheat or White Bread, Ham, Turkey, Chicken, Tuna, Assorted Cheeses, Lettuce, Tomato, Onion, Peppers, Cucumber, Olives, and Jalapeño Peppers

Served with your choice of Chips or soup of the day



Daily Salad Bar with condiments to include: Fresh Greens, Fruit, and Vegetables

A Full Student Lunch includes Choice of Entrée, Two Sides and a Milk 1% White, Skim, and Skim Chocolate

Wood River Middle School-February 20



		1	2
		Idaho Haystack Sour Cream & Salsa Hot Vegetables Fresh Orange Celery Sticks Cinnamon Roll	Roasted Chicken with Mashed Potato Hot Vegetables Bananas Cauliflower Florets French Toast
6	7	8	9
Chicken Teriyaki with Brown Rice Hot Vegetables Dried Cherries Carrot Sticks Sausage & Egg Muffin	Lasagna with Wheat Roll Hot Vegetables Fresh Pear Broccoli Florets Breakfast Bar	Wet Burrito with Spanish Rice Hot Vegetables Fresh Orange Celery Sticks Cinnamon Roll	Pepperoni Calzones Hot Vegetables Bananas Cauliflower Florets Waffles with Syrup
13	14	15	16
Chicken Fried Steak with Mashed Potato Hot Vegetables Dried Cherries Carrot Sticks Sausage & Egg Muffin	Baked Ziti with Wheat Roll Hot Vegetables Fresh Pear Broccoli Florets Omelet with Cheese	Chicken Pot Pie with Biscuit Hot Vegetables Fresh Orange Celery Sticks Cinnamon Roll	Spaghetti with Meat Sauce and Roll Hot Vegetables Bananas Cauliflower Florets French Toast
President's Day			
21	22	23	24
Alfredo with Wheat Roll Hot Vegetables Fresh Pear Broccoli Florets Breakfast Bar	Pork Roast with Vegetables and Roll Hot Vegetables Fresh Orange Celery Sticks Cinnamon Roll	Turkey Carnitas with Spanish Rice Hot Vegetables Bananas Cauliflower Florets Waffles with Syrup	
27	28	29	30
Mandarin Orange Chicken over Rice Hot Vegetables Dried Cherries Carrot Sticks Sausage & Egg Muffin	Seasoned Baked Alaska Pollock Hot Vegetables Fresh Pear Broccoli Florets Omelet with Cheese	Chicken Parmesan with Wheat Roll Hot Vegetables Fresh Orange Celery Sticks Cinnamon Roll	Bread Provided By

Trattoria

Classic cheese, Pepperoni and Vegetable Pizza Served Daily. All Pizzas made w/ reduced fat cheese. Includes Breadstick, Daily Salad Bar and Fat Free or Skim Milk

Specials

- Monday: Sausage
- Tuesday: Aloha
- Wednesday: Canyon Resort
- Thursday: Cheese steak
- Friday: Supreme

THE FRESH GRILLE

Lean beef burgers with or without cheese, Chicken Sandwiches and Burritos available daily. Chicken Nuggets on Mon, Wed and Friday. Includes daily potato choice and Salad Bar

Specials

- Monday: Bacon Cheeseburger
- Tuesday: Chicken Teriyaki Sub
- Wednesday: BLT
- Thursday: Meatball Sub
- Friday: BBQ Pork Sandwich



Made to order Fresh Entrees for Grat Salads Served with a Bigw Rc

Spec

- Monday:
- Tuesday:
- Wednesday:
- Thursday:
- Friday:

Food Focus of the Month: Low fat Yogurt

Low fat yogurt has many benefits. Boosts the immune system, help prevent Osteoporosis, reduce risk of high and helps you feel fuller,

Breakfast - Student \$1.25, Adult \$1.75, Reduced \$0.30
Lunch - High School \$2.60, Adult \$3.00, Reduced \$0.40

Any questions please call
Food Service Director
Duane Sorensen 208-578-54

View your menu online at www.Blaine



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Food Service provided by Chartwells School Dining Services . Menu Subject to change without notice.



3

**Szechuan Chicken
over Brown Rice**
Hot Vegetables
Red Apple
Carrot Sticks

Ham and Egg Bagel

10

**Chicken Fajitas
with Refried Beans**
Hot Vegetables
Red Apple
Carrot Sticks

Ham and Egg Bagel

17

**Sweet and Sour
Chicken over Rice**
Hot Vegetables
Red Apple
Carrot Sticks

Ham and Egg Bagel

24

**Beef Fajitas
with Refried Beans**
Hot Vegetables
Red Apple
Carrot Sticks

Ham and Egg Bagel



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wood Whole Wheat Dinner
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- Specials**
- Cheese Steak Sandwich
 - BBQ Chicken Salad
 - Southwest Salad
 - Caesar Salad
 - Turkey Bacon Wrap

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in good taste