



**FOOD FOCUS: Red & Orange Vegetables**

CAIRO JR/SR HIGH SCHOOL 9th-12th: FEBRUARY 1st-2nd, 2018 LUNCH MENU

Monday                      Tuesday                      Wednesday                      Thursday                      Friday

American Classics				Classic Cheeseburger w/ Lettuce, Tomato, & Pickles	Bosco Breadsticks
					Marinara Sauce
Sides For All Meals				Baked Fries	Seasoned corn
Wild Greens				Ham & Turkey Chef Salad w/ Croutons and Dinner Roll	Ham & Turkey Chef Salad w/ Croutons and Dinner Roll
2 tomato				Pepperoni Pizza	Pepperoni Pizza
				Cheese Pizza	Cheese Pizza
grill'd				Spicy Chicken Sandwich	Three Cheese Pretzel Sandwich
				Lettuce & Tomato Side Salad	Lettuce & Tomato Side Salad
extra extra				Marinated Cucumbers	Fresh Baby Carrots
				Red Seedless Grapes	Blue Raspberry Lemon Frozen Sidekick
				Whole Fresh Fruit	Whole Fresh Fruit

A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes & one (1) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.

This Institution is an equal opportunity employer and provider.

Menu may change without notice.





FOOD FOCUS: Red & Orange Vegetable

CAIRO JR/SR HIGH SCHOOL 9th-12th: FEBRUARY 5th-9th,2018 LUNCH MENU

Monday                      Tuesday                      Wednesday                      Thursday                      Friday

American Classics	Chicken Nuggets & Ranch Dipping Sauce	Taco Nachos	Salisbury Steak	Home-Style Beef & Bean Chili	Bosco Breadsticks
	Dinner Roll		Dinner Roll	Dinner Roll	Marinara Sauce
Sides For All Meals	Hash Brown patty	Tater Tots	Mashed Potatoes w/ Choice of Brown Gravy	Green Beans	Seasoned Corn
Wild Greens	Ham & Turkey Chef Salas/CROUTONS & Dinner Roll	Ham & Turkey Chef Salas/CROUTONS & Dinner Roll	Ham & Turkey Chef Salas/CROUTONS & Dinner Roll	Ham & Turkey Chef Salas/CROUTONS & Dinner Roll	Ham & Turkey Chef Salas/CROUTONS & Dinner Roll
2	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
grill'd	Corn Dog	Crispy Chicken Sandwich	Three Cheese Pretzel Sandwich	Crispy Chicken Sandwich	Spicy Chicken Sandwich
extra extra	Lettuce & Tomato Side Salad	Lettuce & Tomato Side Salad	Lettuce & Tomato Side Salad	Lettuce & Tomato Side Salad	Lettuce & Tomato Side Salad
	Steamed Broccoli	Seasoned Black Beans	Seasoned Carrots	Sliced Tomatoes	Marinated Cucumbers
	Mixed Fruit	Fruit Punch Juice	Red Seedless Grapes	Red Apple Half	Mandarin Oranges & Pineapples
	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit
<p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes &amp; two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p> <p>This institution is an equal opportunity provider.</p>					



FOOD FOCUS: Red & Orange Vegetables

CARIO JR/SR HIGH SCHOOL 9th-12th FEBRUARY 12th-16th, 2018  
LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

American Classics	Chicken Nuggets & Dinner Roll	Pancakes & Syrup	Taco Nachos	Herb Roasted Chicken	Chicken Fried Rice & Egg Roll
		Pork Sausage Patty		Dinner Rolls	
Sides For All Meals		Home Fried Potatoes	Tater Tots	Mashed Potatoes	Seasoned Corn
Wild Greens	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll
	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
	Corn Dog	Crispy Chicken Sandwich	Three Cheese Pretzel Sandwich	Crispy Chicken Sandwich	Spicy Chicken Sandwich
	Caesar Side Salad	Caesar Side Salad	Caesar Side Salad	Caesar Side Salad	Caesar Side Salad
	Sliced Carrots	Sliced Cucumber	Refried Beans	Fresh Broccoli Florets & Baby Carrots	Sesame Soy Carrots
	Red Apple Half	Pineapple Tidbits	Kiwi Strawberry Sidekick	Orange Juice	Chilled Peaches
	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit
<p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes &amp; two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p> <p>This institution is an equal opportunity employer and provider.</p>					





**FOOD FOCUS: Red & Orange Vegetables**

**SAIRO JR/SR HIGH SCHOOL 9th-12th : FEBRUARY 19th-23rd 2018 LUNCH MENU**

Monday                      Tuesday                      Wednesday                      Thursday                      Friday




American Classics	No School	Taco Nacho	Mini Corn Dog	General Tso's Chicken	Spaghetti w/ Meat Sauce
			Honey Mustard Dipping Sauce	Cinnamon Breadstick	Herb breadstick
Sides For All Meals		Tater Tots	Curly Fries	Sesame Green Beans	Mixed Vegetables
Wild Greens		Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll
2 tomato		Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
		Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
grill'd		Crispy Chicken Sandwich	Three Cheese Pretzel Sandwich	Crispy Chicken Sandwich	Spicy chicken Sandwich
extra extra		Cranberry Spinach Salad	Cranberry Spinach Salad	Cranberry Spinach Salad	Cranberry Spinach Salad
		Spicy Garbanzo Beans	Sliced Cucumber	Seasoned Carrots	Seasoned Broccoli
		Red Apple Half	Mandarin Oranges & Pineapples	Baked Apple Slices	Rosy Applesauce
		Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit
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**FOOD FOCUS: Red & Orange Vegetables**

CAIRO JR/SR HIGH SCHOOL 9th-12th: FEBRUARY 26th-28th, 2018 LUNCH MENU

Monday                      Tuesday                      Wednesday                      Thursday                      Friday

American Classics	Chicken Tenders w/ Country Gravy Dipping Sauce &	Taco Nacho	Asian Pork Stir Fry		
	Buttered Toast		Rice		
Sides For All Meals	Mashed Potatoes	Tater Tots	Seasoned Corn		
	Ham & Turkey Chef Salad w/ Croutons and Dinner Roll	Ham & Turkey Chef Salad w/ Croutons and Dinner Roll	Ham & Turkey Chef Salad w/ Croutons and Dinner Roll		
Wild Greens	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza		
	Cheese Pizza	Cheese Pizza	Cheese Pizza		
 	Corn Dog	Crispy Chicken Sandwich	Three Cheese Pretzel Sandwich		
	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad		
	Fresh Broccoli Florets	Seasoned Black Beans	Grape Tomatoes		
	Chilled Peaches	Mandarin oranges & Pineapples	Kiwi Strawberry Sidekick		
	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit		
<p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes &amp; two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p> <p><b>This Institution is an equal opportunity employer and provider.</b></p>					