



MENUS FOR  
*Middle and High School*  
**February 2024**

BCSS SNP Programs Offered: Fresh Fruit and Vegetable Program, CEP (System Wide)

*Available Daily*

**Breakfast:**

Asst. Fruit Choices  
100% Fruit Juice

Flavored Milk

Special Promotional Days Highlighted in Blue.  
New Items Highlighted in Red.

**Lunch:**

Asst. Fruit Choices  
**Jam Bag – Peanut  
And Honey**  
Flavored Milk  
Pre-Plated Salads



*Nutrition Nugget*

Boiled Cabbage

Cabbage has 1 gram of fiber for every 10 calories.

**Fun Fact:** Cabbage is considered Russia's national food.



**HARVEST**  
of the  
**MONTH**

*Collard Greens*



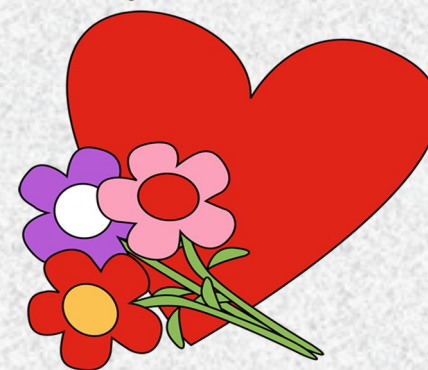
**Recipe of the Month**  
**Sautéed Cabbage**

**Ingredients**

1/2 lb. Bacon  
2.5 lbs. cabbage large head chopped  
1/2 cup vegetable broth and salt/pepper  
Steps: Cook bacon in Dutch oven until fat is rendered. Add cabbage and stock. Cook until tender and golden brown.

**Featured Breakfast  
Specials of the day**

Thurs February 1, Steak Biscuit  
Friday February 2, Warm Muffin Top  
Mon February 5, Apple French Toast  
Tues February 6, Steak Biscuit  
Wed February 7, Chicken Biscuit  
Thurs February 8, Breakfast Pizza  
Friday February 9, Confetti Pancakes  
Mon February 12, Sausage Biscuit  
Tues February 13, Chicken Biscuit  
Wed February 14, Bacon Cheese Croissant  
Thurs February 15, Pull Apart Honey Bun  
Friday February 16, Mini Cini  
Mon February 26, Pancake Pup  
Tues February 27, Chicken Biscuit  
Wed February 28, Sausage Biscuit  
Thurs February 29, French Toast Minis



Winter Break: February 19-23

## Featured Lunch Specials of the Day

### American Heart Month

#### Thurs, February 1

Crispy Chicken Sandwich or BBQ Pork w/Loaf Bread, Fresh Lettuce/Tomato, Pickle Spears, Crispy Sweet Potatoes Puffs  
Warm Fudge Brownie

#### National Dark Chocolate Day

#### Friday, February 2

Homemade Tator Tot Casserole w/Roll or Cheese Sticks w/Marinara, Seasoned Sweet Peas, Fresh Veggies w/Dip

#### National Tater Tot Day

#### Mon, February 5

Cheesy Stuffed Crust Pizza or Homemade Chicken Tetrazzini, Garden Salad, Seasoned Green Beans, Chocolate Chortles

#### Tues, February 6

Chicken Tenders w/Honey Mustard or Homemade Meatloaf, Glazed Carrots, Warm Roll, Fluffy Yellow Rice, Fresh Broccoli w/ Cheese

#### Wed, February 7

Homemade Brunswick Stew w/Warm Roll or Crunchy Corndog, Saucy Baked Beans, Homemade Coleslaw, Fruit Smoothie Bowl  
Freshly Baked Cinnamon Roll

#### Thurs, February 8

Cheesy French Bread or Spicy Orange Chicken w/ Rice and Warm Roll, Buttered Corn, Seasoned Lima Beans

#### Friday, February 9

Wild Mike's Cheese Bites w/Marinara or Homemade Macaroni and Cheese w/Little Smokies w/Roll, Seasoned Collard Greens, Fresh Veggies w/Ranch

#### National Pizza Day

#### Mon, February 12

Spicy Taco Max Snax Quesadilla or Spicy Beef Nachos, Spicy Salsa, Fresh Lettuce and Tomato, Cheesy Refried Beans, Cinnamon Apples, Warm Cookie

#### Tues, February 13

Cheesy Pan Pizza or Homemade Spaghetti, Fresh Caesar Salad, Seasoned Green Beans, Warm Garlic Knot, Warm Blueberry Crisp

Locally Purchased Blueberries from Byne Blueberries



#### Wed, February 14

#### Breakfast for Lunch Day

Crispy Chicken/Waffles or Spicy Sausage/Cheese Biscuit, Seasoned Potato Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup, Valentine Cookie

#### Valentine's Day

#### Thurs, February 15

Managers Choice Entree or Saucy BBQ Chicken w/Roll, Seasoned Black-eyed Peas, Southern Boiled Cabbage

#### Harvest of the Month

#### Friday, February 16

#### Basket Lunch

Crispy Corndog, Fresh Carrots w/Dip  
Crispy Waffle Fries, Fresh Whole Apple, Dick and Jane President's Day Cookies

#### President's Day February 20

#### Mon, February 26

Cheesy Pan Pizza or Crispy Chicken Sandwich, Seasoned Green Beans, Oven Roasted Potatoes, Blueberry Cup w/Topping

Locally Purchased Blueberries from Byne Blueberries

#### Tues, February 27

Homemade Chili w/Warm Roll or Hotdog on Bun, Baked Potato w/Fixings, Fresh Broccoli w/Cheese, Fresh Strawberry Cup w/Whipped Cream

#### National Strawberry Day

#### Weds, February 28

Cheesy Meatball Sub or Spicy Buffalo Chicken Pizza, Crispy Sweet Potato Fries, Saucy Baked Beans, Sweet Ice Cream Cup, Homemade Birthday Cake

#### Monthly Birthday Celebration

#### Thurs, February 29

Cheeseburger on Bun or Chicken Nuggets w/Honey Mustard, Warm Roll, Fresh Lettuce/Tomato, Pickle Spears, Sweet Corn Nuggets

## Black History Month



Scratch cooking daily,  
so parents don't have to!



"Service Minded Hunger Focused"