



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Assorted Bagels/ Muffins  <b>Chicken Nuggets</b> <b>Steak n Cheese Hoagie</b>  Baked Beans Lettuce / Tomato Cup Asst. fresh and canned mixed fruits Variety of ½ Pint 1%/ FF Milk	3 Breakfast Sandwiches  <b>Popcorn Chicken Bowl</b> <b>BBQ RIB SANDWICH</b>  French Fries Corn Asst. Fresh or canned mixed fruits Variety of ½ Pint 1%/ FF Milk	4 WG Breakfast Pizza  <b>Cheesy BEEFY MAC w/ roll</b> <b>Grilled Ham and Cheese</b>  Mixed Veggies Lettuce/ Tomato cup Asst. Fresh or canned mixed fruits Variety of ½ Pint 1%/ FF Milk	5 French Toast Sticks w/ Sausage  <b>Nachos w/ beef and cheese w/ roll</b> <b>Cheeseburger on a bun</b> Steamed Carrots Salsa Asst. Fresh or canned mixed fruits Variety of ½ Pint 1%/ FF Milk  <b>Jell-o Day</b>	6 BRK Chicken Pattie Sandwich  <b>Slice of Pizza</b> <b>Fish Sticks w/ roll</b>  Romaine Salad Celery Sticks Asst. Fresh or canned mixed fruits Variety of ½ Pint 1%/ FF Milk
9 MINI CINNI'S  <b>Grilled Chicken Sandwich</b> <b>Cheeseburger on a bun</b>  French Fries Lettuce / Tomato Cup Bean Salad Asst. Fresh or canned mixed fruits Variety of ½ Pint 1%/ FF Milk	10 WG Breakfast PIZZA  <b>MAC n CHEESE w/ roll</b> <b>Mini Corndogs</b>  Stewed Tomatoes Broccoli Cups Asst. Fresh or canned mixed fruits Variety of ½ Pint 1%/ FF Milk	11 EGG/ Cheese Sandwich  <b>Fish Sandwich</b> <b>Grilled Cheese Sandwich</b>  Peas n Carrots Tomato Soup Asst. Fresh or canned mixed fruits Variety of ½ Pint 1%/ FF Milk  <b>Wellness Wednesday</b>	12 Asst. Yogurt Cups  <b>Pepperoni PIZZA</b> <b>Chicken Patty on a bun</b>  Tater tots Asst. Fresh Veggies Asst. Fresh or canned mixed fruits Variety of ½ Pint 1%/ FF Milk	13 Pancakes w/ sausage  <b>Slice of Cheese PIZZA</b> <b>Chicken Sticks w/ roll</b>  Market Salad Cucumber cups Asst. Fresh or canned mixed fruits Variety of ½ Pint 1%/ FF Milk  <b>"GO RED DAY"</b> Wear red white / pink
16 Sausage EGG/ Cheese Sandwich  <b>Meatball Hoagie</b> <b>Italian Dunkers w/ sauce</b>  Green Beans Asst. Fresh Veggies Asst. Fresh or canned mixed fruits Variety of ½ Pint 1%/ FF Milk  <b>President's Day</b> <b>Red White Blue Day</b>	17 Bagels w/ Asst. Toppings  <b>Hot dog Topping BAR</b> <b>GR Chicken Patty Sandwich w/ cheese</b>  Tater tots Pickles / onions Asst. Fresh or canned mixed fruits Variety of ½ Pint 1%/ FF Milk	18 Assorted Danish  <b>Italian Dunkers</b> <b>Grilled Cheese Sandwich</b>  Mashed Potatoes Lettuce / Tomato Cup Asst. Fresh or canned mixed fruits Variety of ½ Pint 1%/ FF Milk  <b>LUCKY TRAY DAY</b> <b>Lent Begins</b> <b>Ash Wednesday</b>	19 Two Pancakes w/ Ham Slice  <b>Pudding Day</b> <b>Arawak Chicken w/ rice</b> <b>Chicken Tenders</b>  Carrot Coins <b>Venezuela Black beans</b> Asst. Fresh or canned mixed fruits Variety of ½ Pint 1%/ FF Milk  <b>TNG GLOBAL</b> <b>VENEZUELA</b>	20 French Toast Sticks  <b>Slice of Cheese PIZZA</b> <b>Fish Sandwich</b>  Market Salad Cucumber cups Asst. Fresh or canned mixed fruits Variety of ½ Pint 1%/ FF Milk
23 WG Breakfast PIZZA  <b>Mini Chicken Patties on rolls</b> <b>Grilled Ham/Cheese Sandwich</b>  Baked OVEN Fries Lettuce / Tomato Cup Asst. Fresh or canned mixed fruits Variety of ½ Pint	24 Assorted WG Donuts  <b>Sweet n Sour Chicken w/ veggies / rice</b> <b>Cheeseburger on a bun</b>  <b>Cookie Day</b> Mixed Veggies Carrot / Celery stix Asst. Fresh or canned mixed fruits Variety of ½ Pint 1%/ FF Milk	25 Waffles w/ syrup  <b>Pasta in a Meat sauce or Turkey n Cheese Sandwich</b>  Corn Tossed Salad Asst. Fresh or canned mixed fruits Variety of ½ Pint 1%/ FF Milk	26 Pancake on a Stick w/syrup  <b>PIZZA DIP n DUNKERS w/ Sauce</b> <b>Chicken Patty Sandwich</b>  Steamed Carrots Lettuce / Tomato Cup Asst. Fresh or canned mixed fruits Variety of ½ Pint 1%/ FF Milk	27 Assorted Yogurt Cups  <b>Slice of Cheese PIZZA</b> <b>Fish Sticks w/ roll</b>  Market Salad Cucumber cups Asst. Fresh or canned mixed fruits Variety of ½ Pint 1%/ FF Milk

**Menu subject to change**

**FRUIT / VEGGIE CHOICES**

The Nutrition Group is proud to offer a variety of fruit and vegetable choices daily as well as the veggie of the day. Featured veggies of the day are offered to meet the USDA Vegetable subgroups:

**FRUIT & VEGGIE BARS!**  
 Are available daily and include, but not limited to:  
 Baby Carrots (Red / Orange)  
 Broccoli Florets (Dark Green)  
 Green Peas (Starchy)  
 Dark Leafy Greens (Dark Green)  
 Legume Salad (Bean/ Legumes)  
 Celery and Cucumbers (Other)

**Breakfast**

Also Available Daily  
 Assorted Whole Grain Cereals  
 Healthy Breakfast Pastry Choices

**ALTERNATIVE DAILY SELECTIONS**

**Monday:** Hot Dogs  
**Tuesday:** MIXED UP CHICKEN w/ roll  
**Wednesday:** Meatball Hoagies  
**Thursday:** Nacho's Beef n Cheese w/ roll  
**Friday:** Chef's CHOICE

**On the Lighter Side**

**Hoagies, Wraps, Clubs and Sandwiches**  
 Italian, Ham, Cheese, Turkey ETC  
 Each Deli Entrée is served with choice of Fresh Fruit / Veggie BAR and milk.  
**SALADS**  
 Grilled Chicken, Breaded Chicken, Turkey, Ham & Cheese, Vegetarian, served with  
 Reduced/ Low Fat Dressings  
**And lots more...**  
 All meals offered daily with a choice of bread, fresh fruit and veggie bar, and fat free assorted

**Cafeteria Substitutes NEED-ED**  
 Please Call Foodservice Office for more information



**LOGAN MIDDLE SCHOOL 6th-8th Grade**  
**BREAKFAST / LUNCH**  
**Wildcat MENU**



Food Service Director  
 Trish Zvirman, FSD  
 412-824-8012 x 4164  
 tpuharic@eawildcats.net