

# FEBRUARY 2023

## TROY HS/MS MENU

Monday



**Chicken & Waffles** 6  
 Maple Syrup  
 Sweet Potato Tots  
 Fruit of the Day  
 Milk

**Cheese Stuffed Breadsticks** 12  
 Marinara Sauce  
 Green Beans  
 Fruit of the Day  
 Milk

**President's Day** 20  
 No School

**Mozzarella Sticks** 27  
 Marinara Dipping Sauce  
 Garlic Roll  
 Fruit of the Day  
 Milk

Tuesday



**Walking Taco** 7  
 Taco Meat & Nacho Cheese  
 Salsa & Black Beans  
 Fruit of the Day  
 Milk

**Troy Sampler** 14  
 Beef Sliders, Chicken Wings, Mozzarella Sticks  
 Veggie Sticks w/ Ranch  
 Marinara Dipping  
 Fruit of the Day  
 Milk

**February Recess** 21

**General Tso's Chicken** 28  
 Mini Veggie Egg Roll  
 Brown Rice/ Broccoli  
 Fruit of the Day  
 Milk

Wednesday

**Roast Turkey and Gravy** 1  
 Stuffing  
 Green Beans  
 Fruit of the Day  
 Milk

**Sweet and Sour Chicken** 8  
 Brown Rice  
 Carrots  
 Fruit of the Day  
 Milk

**Pulled Pork Nachos** 15  
 Salsa & Guacamole  
 Black Beans  
 Fruit of the Day  
 Milk

**February Recess** 22



Thursday

**Baked Ziti W/Meatballs** 2  
 Garlic Roll/Side Salad  
 Fruit of the Day  
 Milk

**Pub Burger** 9  
 Curly Fries  
 Fruit of the Day  
 Milk

**French Toast Sticks** 16  
 Turkey Sausage  
 Hash Brown  
 Fruit of the Day  
 Milk

**February Recess** 23



Friday

**Fish & Chips** 3  
 Sweet Potato Waffle Fries  
 Coleslaw  
 Fruit of the Day  
 Milk

**Buffalo Chicken Mac & Cheese** 10  
 Roasted Broccoli  
 Fruit of the Day  
 Milk

**Chefs Choice** 17

**February Recess** 24



**Breakfast Choices:**

Bagel with Cream Cheese  
Assorted Cereal  
Whole Grain Muffins/Donuts  
WG French Toast Sticks / Waffles  
Breakfast Sandwich  
Fruit: 100% Fruit Juice or Fruit of the Day  
Choice of Milk

**Alternate Lunch Options:**

Hummus with Pita Chips, String Cheese & Vegetables (served with fruit, choice of milk)  
Fruit & Yogurt Parfait (served with a granola 4oz, choice of fruit/veg, choice of milk)  
Salad Bar HS/ Popcorn Chicken Salad Bowl MS  
Deli Bar HS/ Deli Sandwiches Grab & Go MS  
Pizza Station w/ Side Salad

**All Alternate Meals Served with Vegetable of the Day, Fruit Choices and Milk**



**Our food service department wants to prevent food waste! If there are any items in your school lunch that are prepackaged, remember to pack them up and save them for later. Cheese sticks, apples, Craisins, or fruit cups would be great for an afternoon snack!**

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**Menu is subject to change, notice posted when available. The institution is an equal opportunity provider**