



BANGOR MIDDLE/HIGH SCHOOL MENU FEBRUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Cheeseburger 1 Potato Wedges Garden Bar Milk <i>Oatmeal, toast, fruit or juice, milk</i>	Chicken Stir Fry 2 Rice Garden Bar w.w. Bread Milk <i>Egg burrito, salsa, fruit, milk</i>	Brat on a Bun 3 Baked Beans Baked Chips Garden Bar Milk <i>Bagel, jc, milk</i>
Saucy Orange Chicken 6 Seasoned Brown Rice Garden Bar w.w. Bread/Milk <i>Breakfast Pizza, toast, jc, milk</i>	Chicken Tortilla Soup 7 Toasted Cheese Sandwich Garden Bar Milk <i>French toast, sausage, jc, milk</i>	Tacos 8 Lettuce, Tomatoes, cheese Refried Beans Garden Bar Milk <i>Omelet, toast, fruit or jc, milk</i>	Meatballs 9 Mashed Potatoes/Gravy Corn Garden Bar w.w. Bread Milk <i>Bagel, Cheese Stick, jc, milk</i>	Chicken Nuggets 10 Baked Potato or Wedges Garden Bar w.w. Bread Milk <i>Cheesy Egg on Eng Muffin, jc, milk</i>
Chicken Patty on Bun 13 Potato Wedges Garden Bar Milk <i>Omelet, toast jc, milk</i>	Turkey & Gravy 14 Mashed Potatoes Garden Bar w.w. Bread Strawberry Ice Cream Milk  <i>Yogurt, toast, jc, milk</i>	Mini Corn Dogs 15 Seasoned Rice Garden Bar w.w. Bread Milk <i>Bagel, cheese stick, fruit or juice, milk</i>	Taco Chili 16 Tortilla Chips Bosco Stick Garden bar Milk <i>Egg burrito, salsa, fruit, milk</i>	NO SCHOOL 17
Hamburger on Bun 20 Baked Fries Baked Beans Garden Bar Milk <i>Scrambled Eggs, toast, jc, milk</i>	Roast Chicken 21 Mashed Potatoes/Gravy Corn Garden Bar w.w. Bread, Milk <i>French toast, sausage, jc, milk</i>	Fish on a Bun 22 Baked Potato Garden Bar/Cole Slaw Milk <i>Omelet, toast, fruit or jc, milk</i>	Chicken Alfredo 23 Pasta Garden Bar Bread Stick Milk <i>Bagel, Cheese Stick, jc, milk</i>	Pizza 24 Green Beans Garden Bar Graham Crackers Milk <i>Cheesy Egg on Eng Muffin, jc, milk</i>
Chicken Nuggets 27 Potato Wedges Steamed Broccoli Garden Bar w.w. Bread Milk <i>Pretzel, cheese jc, milk</i>	Spaghetti w/Meat sauce 28 Green Beans Garden Bar Garlic Bread Milk <i>Yogurt parfait, Gm crax, jc, milk</i>	Sloppy Joe 29 Macaroni & Cheese Garden Bar Milk <i>Bagel, cheese, jc, milk</i>	<u>GARDEN BAR</u> Fresh green salad Fresh veggies/dip Fresh fruit/fruit sauce	<u>HARVEST OF THE MONTH</u> *rutabagas <u>BREAKFAST</u> Milk and cereal offered daily