



# FEBRUARY | 2024

## MIAMI EAST HIGH SCHOOL LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	30	31	1 Chicken Quesadilla (28) Cheese Quesadilla (40) Corn (21) Refried Beans (23) Peaches (19) Mixed Fruit (15) Milk	2 Hot Dog (1) Bun (28) Coney Dog (7.5) Bun (28) Fries (14) Sweet Potato Fries (21) Fruit Slushie (22) Milk
5 Grilled Chicken Bacon Melt (3) On Pretzel Bun (29) Corn (21) Pineapple (19) Apple Juice (14) Milk	6 Tangy Asian Chicken (25) W/Rice (43) & Cookie (16) Broccoli (4) Mandarin Oranges (20) Pears (21) Milk	7 Pepperoni Cheesy Bread (27) Cheesy Bread (28) Marinara (8) Green Beans (4) Apple Slices (7) Peaches (19) Milk	8 Mini Pancake Wraps (30) Syrup (30) Hash Browns (26) Orange Juice (13) Mixed Fruit (15) Milk	9 BBQ Rib (13) Bun (28) Baked Beans (29) Cole Slaw (14) Applesauce (18) Milk
12 Boneless Wings (10) W/Pretzel Stick (28) Mashed Potatoes (20) Grape Juice (19) Mixed Fruit (15) Milk	13 Cheese Lasagna (29) W/Breadstick (14) Broccoli (4) Applesauce (13) Pears (21) Milk	14 Pizza Hut Pepperoni (35) Cheese (36) Sausage (45) Veggie (37) Green Beans (4) Grapes (22) Strawberry Cup (22) Milk	15 Walking Taco W/L&C (35) Fiestada Pizza (39) Corn (21) Refried Beans (23) Peaches (19) Apple Slices (7) Milk	16  <b>NO SCHOOL</b>
19  <b>NO SCHOOL</b>	20 Turkey Hot Shot O/Bread (30) W/Cheese Its (14) Mashed Potatoes (20) Mandarin Oranges (20) Pears (21) Milk	21 Buffalo chicken Pizza (35) Pepperoni Pizza (35) Green Beans (4) Apple Slices (7) Peaches (19) Milk	22 Bacon, Egg & Cheese Breakfast Scramble (21) W/Biscuit (28) 1 Hash Brown (13) Orange Juice (13) Mixed Fruit (15) Milk	23 Mini Corn Dogs (20) Bake Beans (29) Cole Slaw (14) Applesauce (13) Milk
26 Popcorn Chicken (14) W/Breadstick (14) Mashed Potatoes (20) Applesauce (18) Grape Juice (19) Milk	27 Tangy Asian Chicken (25) W/Rice & Cookie (16) Broccoli (4) Mandarin Oranges (20) Pears (21) Milk	28 Pizza Hut Pepperoni (35) cheese (36) Sausage (45) Veggie (37) Green Beans (4) Grapes (22) Strawberry Cup (22) Milk	29 Chicken Fajita W/L&C (33) Corn (21) Refried Beans (23) Applesauce (13) Peaches (19) Milk	1

### **Student Lunches 3.00**

- \*Choose 1 Main Entrée
- \*Choose at Least 1 Vegetable or 1 Fruit  
(May Choose up to 2 Each)
- \*Milk 1% White or Fat Free Chocolate
- \*Carb Counts in ( )

### **Lunches Available Daily**

**Chef Salad W/Popcorn Chicken & Breadstick (31)**, Dressing Choices, Fruit Choices, Milk

**Turkey Bacon Sub W/Lettuce & Cheese (33)**, Vegetable & Fruit Choices, Milk

**Vanilla Yogurt Parfait W/Fruit & Granola (96)**, Fruit & Vegetable Choice, Milk

**PB&J (64)**, Vegetable & Fruit Choices, Milk

**PB&J W/Cheese Stick & Pretzels (33)**, Vegetable & Fruit Choices, Milk

### **Vegetable Choice Available Daily W/Lunches**

\*Variety of Fresh Veggies W/Ranch (1), Carrots (7), Grape Tomatoes (7), Celery (2)

\*Side Salad W/Ranch Dressing (1)

### **Dips/other**

BBQ (9), Buffalo Ranch (3), Honey Mustard (6), Ranch (1), Sweet & Sour (11), Ketchup (3), Mustard (0), Mayo (2), Salsa (3), Taco Sauce, (1), Sour Cream (2), Butter Pats (0), Pickles (0)

### **Fruits**

Fresh, Canned or 100% Fruit Juices

**Menu is Subject to Change**

**This Institution is an Equal Opportunity provider**