

"Still The Best Deal in Town"

Menu subject to change without notice

Mustang Café' Intermediate and Middle School

(menu subject to change with out notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11-Feb</p> <p>Cheese Steak Croissant Sandwich Sidewinder BBQ French Fry Potatoes Steamed Carrots Romaine and Spinach Salad Fruit Cocktail Assorted Milks</p>	<p>12</p> <p>Chicken Nuggets W/G W/W Dinner Roll Seasoned Baby Baker Potatoes Green Beans Tomato Salad Peaches, canned Assorted Milks</p>	<p>13</p> <p>Chicken Quesadillas with Salsa and Sour Cream Beans and Brown Rice Steamed Corn Applesauce Delight W/G Cookie Assorted Milks</p>	<p>14</p> <p>Four Cheese Lasagna with Cheesy Garlic Bread Stick Power Punch Broccoli Romaine and Spinach Salad Pears, canned Assorted Milks</p>	<p>15 Student Half Day</p> <p>Ham and Cheese Croissant or PB and Jelly Uncrustable Sandwich or Yogurt Meal Baked Snack Fresh Fruit Assorted Milks</p>
<p>18</p> <p>Meatball Subs on W/G Roll with Mozzarella Breaded Sticks Green Beans Pears, canned Assorted Milks</p>	<p>19</p> <p>Chicken Patty Sandwich Star Potatoes Lettuce and Tomato Slices Baked Beans Seasonal Fresh Fruit Assorted Milks</p>	<p>20</p> <p>Pizza Hut Pizza Cheese or Pepperoni Flame Roasted Corn Romaine and Spinach Salad Pineapple and Mandarin Oranges Assorted Milks</p>	<p>21</p> <p>Hot Ham and Cheese Croissant Sandwich French Fries Baby Carrots Fruit Ambrosia with mini marshmallows Assorted Milks</p>	<p>22</p> <p>Grilled Cheese Deluxe Sandwich Tomato Soup/ Crackers Green Beans Peaches, canned Assorted Milks</p>
<p>25</p> <p>Italian Cheese Ravioli Delicious Buttery Garlic Bread with ravioli only Steamed Carrots Romaine and Spinach Salad Pears, canned Assorted Milks</p>	<p>26</p> <p>Breaded Chicken Drumstick / Roll Savory Sweet Fries Power Punch Broccoli Baked Beans Seasonal Fresh Fruit Assorted Milks</p>	<p>27</p> <p>Brunch For Lunch Mini Pancakes / Syrup with Breakfast Sausage(with pancakes only) Hash Brown Rounds Breakfast Muffin Banana Assorted Milks</p>	<p>28</p> <p>Oriental Chicken w/ Fortune Cookie Chicken Egg Roll Fried Rice Oriental Vegetables Oriental Chicken Salad Pineapple and Mandarin Oranges Assorted Milks</p>	<p>1-Mar</p> <p>Cheese Pizza Sticks with red Dipping Sauce Vegetable Soup/ Crackers Steamy Peas Peaches, canned Assorted Milks</p>
<p>4-Mar</p> <p>Mustang Cheesy Burger with ketchup on a Bun Sidewinder French Fry Potatoes Power Punch Broccoli Seasonal Fresh Fruit W/ G Cookie Assorted Milks</p>	<p>5</p> <p>Home-style Chicken Parmesan Delicious Buttery Garlic Bread with chicken only Rotini Pasta w/Sauce Green Beans Romaine and Spinach Salad Fruit Cocktail Assorted Milks</p>	<p>6</p> <p>Nacho Grande' Refried Beans Steamed Corn Shredded Romaine Lettuce Diced Tomatoes Peaches, canned Assorted Milks</p>	<p>7</p> <p>Breaded Chicken Tenders/ Dipping Sauce Chicken Rice Soup/ Crackers Power Punch Broccoli Hummus Dip 1/2 c with Fresh Veggies Seasonal Fresh Fruit Assorted Milks</p>	<p>8</p> <p>Cheese Calzone Steamed Carrots Romaine and Spinach Salad Mini Chocolate Chip Cookies Pears, canned Assorted Milks</p>
<p>11</p> <p>Cheesy Beef Steak on W/G Roll Onions and Peppers French Fries Power Punch Broccoli Red Beet Salad Peaches, canned Assorted Milks</p>	<p>12</p> <p>Breaded Chicken Chips w/ dipping sauce Steamy Rice Steamy Peas Romaine and Spinach Salad Fresh Seasonal Fruit Assorted Milks</p>	<p>13</p> <p>Italian Stromboli Broccoli Bean Salad Romaine and Spinach Salad Applesauce Delight Assorted Milks</p>	<p>14</p> <p>Savory Turkey Dinner WW Dinner Roll Mashed Potatoes Steamed Corn Fruit Pie Assorted Milks</p>	<p>15</p> <p>Macaroni & Cheese W/G Stewed Tomatoes Romaine and Spinach Salad W/ G Cookie Pineapple and Mandarin Oranges Assorted Milks</p>
<p>18</p> <p>Rotini Pasta and Meatballs in Red sauce Delicious Buttery Garlic Bread with rotini only Power Punch Broccoli Romaine and Spinach Salad Seasonal Fruit Assorted Milks</p>	<p>19</p> <p>Popcorn Chicken Bites w/ w/g Roll Mashed Potatoes Steamed Corn Tomato Salad Pears, canned W/ G Cookie Assorted Milks</p>	<p>20</p> <p>Walking Tacos with a Apple Churro Mashed Potatoes Refried Beans Shredded Romaine Lettuce Diced Tomatoes Peaches, canned Assorted Milks</p>	<p>21</p> <p>Hoagie Day Italian or Turkey Made with Cheese, Lettuce and Tomato Baked Chips Baby Carrots Fruit Ambrosia with mini marshmallows Assorted Milks</p>	<p>22 Student Half Day</p> <p>Ham and Cheese Croissant or PB and Jelly Uncrustable Sandwich or Yogurt Meal Baked Snack Fresh Fruit Assorted Milks</p>

AVAILABLE DAILY: Yogurt Meals, Yogurt Parfaits, Sandwich OTD, Chef Salad Bowls, 100% FRUIT JUICE, Assorted Fruits and Assorted Vegetables.
SECOND CHOICE FOR WEEK

Monday and Thursday W/W Cheese Pizza or a Ham and Cheese Sandwich
Tuesday and Friday Hamburger on a W/W Bun (cheese optional) or Peanut butter and Jelly Sandwich
Wednesday Chicken Wings with w/w roll optional or Peanut butter and Marshmallow Sandwich

On-line payments may be made at SchoolCafe.net

In accordance with the Federal Law and the U.S. Dept. of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, nation origin, sex, age and disability. To file a complaint of discrimination, call (202)720-5964. EOE

Note* Students are encourages to select one entrée and must take 1 serving of Fruit or Vegetable to make a meal. A total of 3 items must be taken to make a meal.
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