









Mustang Café's Senior High School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11-Feb Chicken Nuggets W/G W/W Dinner Roll Baby Baker Seasoned Potato Green Beans Tomato Salad Peaches, canned Assorted Milks</p>	<p>12 Mifflin Roast Beef & Cheddar W/G Roll Deli Roasted Potatoes New! Steamy Carrots Seasonal Fresh Fruit Assorted Milks</p>	<p>13 Chicken Quesadillas Beans and Brown Rice Steamed Corn Pears, canned Assorted Milks</p> 	<p>14 Breaded Chicken Filled Jalapeno Sticks W/W Dinner Roll Buttered Noodles Broccoli Applesauce Delight Assorted Milks</p>	<p>15 Half Day Cafeteria will be open for grab n go meals Choices are: Hotdog, Hamburger and PB and Jelly Uncrustable Sandwich Baked Snacks Assorted Vegetables Assorted Fruit Assorted Milks</p>
<p>18 Hearty Cheeseburger Macaroni with WW Cheesy Garlic Bread Stick Steamed Carrots Romaine Salad/ Lf Dressing Fruit Cocktail Assorted Milks</p>	<p>19 Popcorn Chicken W/W Dinner Roll Mashed Potatoes Green Beans Applesauce Assorted Milks</p>  <p><i>Mashed Potato Bowls Available</i></p>	<p>20 Walking Taco with Apple Churro Taco Fiesta Beans Flame Roasted Corn and Sweet Pepper Shredded Romaine Lettuce Diced Tomatoes Seasonal Fresh Fruit Assorted Milks</p> 	<p>21 Pizza Hut Cheese or Pepperoni Romaine Salad/ Lf Dressing Broccoli Salad Fruit Cocktail Assorted Milks</p>	<p>22 Cheese Pizza Sticks w/ Red Dipping Sauce Italian Wedding Soup/ crackers Peas Seasonal Fresh Fruit Assorted Milks</p>
<p>25 Meatball Sandwich Breaded Mozzarella Sticks Steamy Carrots Seasonal Fresh Fruit Assorted Milks</p>	<p>26 Oriental Chicken with Fortune cookie Fried Rice Oriental Stir Fry Blend Vegetables Egg Roll Oriental Chicken Salad Orange Wedges Assorted Milks</p>	<p>27 Homemade Chili with cheese Tortilla Chips Romaine Salad/ Lf Dressing Funnel Cake Pears, canned Assorted Milks</p>	<p>28 Breaded Chicken Chips with dipping sauce W/W Dinner Roll Deli Roasted Potatoes New! Broccoli Peaches, canned W/ G Cookie Assorted Milks</p>	<p>1-Mar Breaded Popcorn Shrimp Macaroni & Cheese W/G Stewed Tomatoes Fruit Cocktail Assorted Milks</p>
<p>4 Italian Spaghetti w/Meatballs Delicious Buttery Garlic Bread with Spaghetti only Broccoli Romaine Salad/ Lf Dressing Peaches, canned Assorted Milks</p>	<p>5 Chicken Fryz W/W Biscuit Garlic Mashed Potatoes Peas Romaine Salad/ Lf Dressing Fruit Cocktail Assorted Milks</p>	<p>6 Nacho Grande' Flame Roasted Corn and Black beans Shredded Romaine Lettuce Diced Tomatoes PA Tidbits and Mandarin Oranges Assorted Milks</p> 	<p>7 Mighty Mustangs Brunch Scrambled eggs with a Bagel Breakfast Sausage and Bacon with egg meal only Hash Brown Rounds Apple or Cherry Fruit Pie Assorted Milks</p>	<p>8 Grilled Cheese Deluxe Sandwich Tomato Soup/ crackers Green beans Seasonal Fresh Fruit Assorted Milks</p> 
<p>11 Italian Stromboli with Red Sauce Broccoli Vegetable and Cheese Salad Fruit Cocktail Assorted Milks</p>	<p>12 Breaded Chicken Club Sandwich Southwest vegetable bean salad Peas Seasonal Fresh Fruit Assorted Pudding Assorted Milks</p> 	<p>13 Ham and Cheese Croissant Scalloped Potatoes Hummus with Celery Romaine Salad/ Lf Dressing Seasonal Fruit Assorted Milks</p>	<p>14 Pizza Hut Cheese or Pepperoni Romaine Salad/ Lf Dressing Steamed Corn Peach Cups Assorted Milks</p>	<p>15 Cheesy Calzone w/ Red Dipping Sauce Chicken Rice Soup/ Crackers Steamy Carrots Pears, canned Assorted Milks</p>
<p>18 Cheesy Steak Sandwich with Onion and Peppers Baby Baker Seasoned Potato Tomato Salad Peaches, canned Assorted Milks</p>	<p>19 Chicken Finger Strips of Fire! w/ dipping Sauce Rice Steamy Broccoli Seasonal Fresh Fruit Assorted Milks</p>	<p>20 Walking Taco Refried Beans Steamed Corn Shredded Romaine Lettuce Diced Tomatoes Seasonal Fruit Assorted Milks</p> 	<p>21 Stuffed Cheesy Shells with Sauce with Cheesy Garlic Bread Stick Broccoli Romaine and Spinach Salad Applesauce Delight Assorted Milks</p>	<p>22 Half Day Cafeteria will be open for grab n go meals Choices are: Hotdog, Hamburger, PB and Jelly Uncrustable Sandwich Baked Snacks Assorted Vegetables Assorted Fruit Assorted Milks</p> 

AVAILABLE DAILY: NEW PUB BURGER, CHEESE PIZZA, CHICKEN WINGS, CHICKEN PATTY, FRESH MADE DAILY PANINI SANDWICH, HOAGIE BAR, ASSORTED FRESH SALAD BOWLS, PB&J UNCRUSTABLES, 100% FRUIT JUICE, ASSORTED FRUITS AND ASSORTED FRESH VEGETABLES.

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.

On-line payments may be made at SchoolCafe.com

This institution is an equal opportunity provider.