

Monday

Entrées Offered Daily:
WOW Jelly Sandwich
Toasted Cheese Sandwich
Chef Salad / Crackers
Dietary information available:
www.patrick.k12.va.us Division Information- Departments- Food Service

Tuesday

Vegetable/ Fruit Offered Daily:
Tossed Salad
Fresh Fruit/ Fruit Cup

Wednesday

Thursday

Friday

5
Cheeseburger on WG Bun
Chicken Fillet on WG Bun
Crisp Lettuce/ Fresh Sliced Tomato
Potato Cubes
Seasoned Green Beans
Fruit Cup/ Fresh Fruit
9-12: Creamy Crispy Coleslaw

6
Pizza
Pork Carnita/ WG Tortilla
Mexican Flavored Rice
Sautéed Peppers & Onion Strips
Seasoned Yellow Corn
Seasoned Green Peas
Fruit Cup/ Fresh Fruit
9-12: Royal Chocolate Brownie

7
Oven Fried Crispy Chicken
Glazed Meatloaf
WG Roll Yeast Roll
Pinto Beans
Sweet Potato Casserole
Fruit Cup/ Fresh Fruit
9-12 Turnip Greens

1
Popcorn Chicken
Salisbury steak w/ Gravy
WG Yeast Roll
Seasoned Green Beans
Cheesy Potatoes
Fruit Cup/ Fresh Fruit
9-12: Fruit & Yogurt Cup

8
1 PM Early Dismissal
Toasted Cheese Sandwich
Fresh Vegetable Soup/ Crackers
Crisp Fresh Veggies/ Dip
Tangy Blueberry Smoothie
Fruit Cup
9-12: Broccoli Salad

2
Arroz con Pollo/WG Roll
Jalapeno Vegetable Wrap
Salsa/ Sour Cream
Refried Beans w/ cheese
Sweet Glazed Carrots
Fruit Cup/ Fresh Fruit
9-12: Popeye's Power Punch Spinach

9
Cheese Quesadilla
Teriyaki Chicken / WG Roll
Chicken Flavored Rice
Salsa/ Shrimp Sauce
Oriental Stir Fry Vegetables
Sweet Glazed Carrots
Fruit Cup/ Fresh Fruit
9-12: Fruited Jell-O

12
Cheese Sticks / Pizza Sauce
White Chicken Chili
Chicken Flavored Rice/ Tostito Scoops
Seasoned Green Beans
Seasoned Yellow Corn
Fruit Cup/ Fresh Fruit
9-12: Honey Dilled Carrots

13
Hot Dog/WG Bun/ Chili/ Onions
Meaty Manwich ©/ WG Bun
Creamy Crisp Coleslaw
Baked Beans
Crispy French Fries
Fruit Cup/ Fresh Fruit
9-12: Fruit Salad

14
♥♥♥Hot Baked Spaghetti♥♥♥
Pork Chop/ Gravy
WG Yeast Roll ♥♥♥
Steamed Broccoli
Fresh Sliced Cucumbers & Tomatoes
♥♥♥Valentine Cookie♥♥♥
Fruit Cup/ Fresh Fruit
♥♥♥♥♥♥♥♥♥♥
9-12: Yellow Squash with Onions

15
Beef Taco/ WG Tortilla
Chicken Fajita/ WG Tortilla
Crisp Lettuce/ Fresh Tomatoes
Spicy Salsa/ Tangy Sour Cream
Cheesy Potatoes
Refried Beans w/ cheese
Fruit Cup/ Fresh Fruit
9-12: Refreshing Fruit Juice

16
Sausage & Gravy
Chicken with Noodles
WG Yeast Roll
Seasoned Green Peas
Sweet Potato Casserole
Fruit Cup/ Fresh Fruit
9-12: Spiced Apples

19
Fish & Cheese on WG Bun
Honey BBQ Pork Rib/Hoagie Bun
Creamy Crisp Coleslaw
Pickles/Onions
Chili Roasted Fries
Seasoned Green Peas
Fruit Cup/ Fresh Fruit
9-12: Tomato Soup / Crackers

20
Cheesy Italian Pasta Bake
Diced Chicken with Gravy
WG Yeast Roll
Pinto Beans
Steamed Broccoli
Fruit Cup/ Fresh Fruit
9-12: Sautéed Cabbage

21
Corn Dog
Taco Soup
Tostitos/ Mexican Flavored Rice
Seasoned Green Beans
Seasoned Yellow Corn
Fruit Cup/ Fresh Fruit
9-12: Vanilla Yogurt

22
Popcorn Chicken
Turkey & Cheese Panini
Crisp Lettuce/ Fresh Sliced Tomato
Quick Baked Potato/ Sour Cream
Apple Crisp
Fresh Fruit
9-12: Seasoned Baby Lima Beans

23
WOW Jelly Sandwich
Toasted Cheese Sandwich
Vegetable Soup/ Crackers
Fresh Cut Veggies/Dip
Blueberry Smoothie
Fruit Cup
9-12: Scalloped Tomatoes

26
Hot Dog/WG Bun/Chili/Onions
BBQ/WG Bun/ BBQ Sauce
Creamy Crispy Coleslaw
Baked Beans
Boiled Butter Bud Spuds
Fruit Cup/ Fresh Fruit
9-12: Popeye's Power Punch Spinach

27
Chicken Fillet/ WG Bun
Fish/WG Bun
Vegetable Chili Boat/Crackers
Crisp Lettuce/Fresh Sliced Tomatoes
Creamy Crisp Coleslaw
Crispy French Fries
Fruit Cup/ Fresh Fruit
9-12: Refreshing Fruit Juice

28
Pork Chop/Gravy
Cheesy Lasagna
WG Yeast Roll
Honey Roasted Sweet Potatoes
Seasoned Yellow Corn
Fruit Cup/ Fresh Fruit
9-12: Yellow Squash with Onions

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MySchoolBucks.com

Fruit and vegetables that are water dense (think celery & cucumber) also often contain a combination of minerals, salts, and natural sugars, which are similar to the composition of the fluid in the body. This allows the liquid from these foods to hydrate the body more effectively than a glass of water alone.

