



WARWICK MIDDLE SCHOOL MENU


FEBRUARY 2012

“Knowledge, Skills, Values”



Monday	Tuesday	Wednesday	Thursday	Friday
<p>LUNCH PRICES</p> <p>STUDENT \$ 2.25 HEALTHY LIFESTYLE 2.65 REDUCED LUNCH .40 STUDENT WARRIOR 2.90 ADULT 3.65 ADULT WARRIOR 3.65 MILK .50</p> <p>BREAKFAST PRICES</p> <p>STUDENT \$ 1.35 ADULT 2.05</p> <p><i>Questions? Karen L Miller Director of Food & Nutrition Services 626-3734 extension 3834</i></p> <p><i>* MENU SUBJECT TO CHANGE</i></p>	<p><i>Please remember to bring your student id card when purchasing breakfast or lunch. Thank you!</i></p> 	<p>1 Pulled Pork BBQ or Hot dog, baked french fries, salad, (2) fruits and milk</p> <p><u>Healthy Lifestyle</u> Stuffed Shells, salad, (2) fruits and milk</p> <p>Warrior: Wing bar w/sauce, salad, snack bag, (2) fruits and milk</p>	<p>2 Popcorn Chicken, dinner roll, salad, (2) fruits and milk</p> <p><u>Healthy Lifestyle</u> Cheese Ravioli, salad, (2) fruits and milk</p> <p>Warrior: Sweet n' sour chicken, steamed rice, broccoli, snack bag, (2) fruits and milk</p>	<p>3 Cheese Quesadilla, tortilla snack bag, steamed corn, salad, (2) fruits and milk</p> <p><u>Healthy Lifestyle</u> Baked Ziti, salad, (2) fruits and milk</p> <p>Warrior: Shrimp poppers and baked french fries, salad, snack bag, (2) fruits and milk</p>
<p>6 Bosco stix, peas salad, (2) fruits and milk</p> <p><u>Healthy Lifestyle</u> Quesadilla slider, salad, (2) fruits and milk</p> <p>Warrior: Mac n' cheese bar, salad, snack bag, (2) fruits and milk</p>	<p>7 Chicken nuggets, soft pretzel, salad, broccoli, (2) fruits and milk</p> <p><u>Healthy Lifestyle</u> Tortilla Bar: Taco or nachos, beef, fajita chicken, salsa, shredded lettuce, tomatoes, cheese, refried beans, (2) fruits and milk</p> <p>Warrior: Bacon cheeseburger, salad, snack bag, (2) fruits and milk</p>	<p>8 Grilled chicken w/bacon and cheese on flatbread, green beans, salad, (2) fruits and milk</p> <p><u>Healthy Lifestyle</u> Lo Mein noodles w/veggies, salad, (2) fruits and milk</p> <p>Warrior: Hot n' spicy chicken sandwich, salad, snack bag, (2) fruits and milk</p>	<p>9 Walking Taco, dinner roll, salad, (2) fruits and milk</p> <p><u>Healthy Lifestyle</u> Mini pierogies, stir fried vegetables, salad, (2) fruits and milk</p> <p>Warrior: Turkey BLT Club, salad, snack bag, (2) fruits and milk</p>	<p>10 Pizza stix, cup of tomato soup, salad, (2) fruits and milk</p> <p><u>Healthy Lifestyle</u> Turkey burger w/ pepper jack cheese, salad, (2) fruits and milk</p> <p>Warrior: Warrior nuggets, salad, snack bag, (2) fruits and milk</p>
<p>13 Chicken Fajita sandwich, w/melted provolone cheese, green peppers and onions, baked french fries, salad, (2) fruits and milk</p> <p><u>Healthy Lifestyle</u> Beef Stroganoff w/noodles, salad, (2) fruits and milk</p> <p>Warrior: Pizza, salad, snack bag, (2) fruits and milk</p>	<p>14 Chicken fries, baked beans, salad, dinner roll, (2) fruits and milk</p> <p><u>Healthy Lifestyle</u> Fruity Frozen Waffle: (2) Waffles, frozen yogurt, assorted fruit toppings and walnuts and milk</p> <p>Warrior: Sweet n' sour chicken, rice, broccoli, (2) fruits and milk</p>	<p>15 Hot ham n'cheese on pretzel roll, dinosaur dinner, salad, (2) fruits and milk</p> <p><u>Healthy Lifestyle</u> Vegetarian Lasagna, salad, (2) fruits and milk</p> <p>Warrior: Wing bar w/sauce, salad, snack bag, (2) fruits and milk</p>	<p>16 Popcorn chicken w/ dinner roll, salad, broccoli, (2) fruits and milk</p> <p><u>Healthy Lifestyle</u> Veggie burger, salad, (2) fruits and milk</p> <p>Warrior: Grilled Chicken Club, salad, snack bag, (2) fruits and milk</p>	<p>17</p> <p>NO SCHOOL</p> 

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<p>20</p> <p style="text-align: center;">NO SCHOOL PRESIDENT'S DAY</p> 	<p>21 Pizza stix, cup of tomato soup, salad, (2) fruits and milk</p> <p><u>Healthy Lifestyle</u> Lo Mein noodles w/veggies and walnuts, (2) fruits and milk</p> <p>Warrior: Pretzel wrapped hot dog, salad, snack bag, (2) fruits and milk</p>	<p>22 Chicken Alfredo over pasta, broccoli, salad, (2) fruits and milk</p> <p><u>Healthy Lifestyle</u> Baked Potato Bar, (2) fruits and milk</p> <p>Warrior: Bacon cheeseburger, salad, snack bag, (2) fruits and milk</p>	<p>23 Chicken Fries, baked beans, salad, dinner roll, (2) fruits and milk</p> <p><u>Healthy Lifestyle</u> Tortilla Bar: Taco or nachos, beef, fajita chicken, salsa, shredded lettuce, tomatoes, cheese, refried beans, (2) fruits and milk</p> <p>Warrior: Warrior Chicken Filet sandwich, salad, snack bag, (2) fruits and milk</p>	<p>24 Stuffed crust pizza, relish tray, salad, (2) fruits and milk</p> <p><u>Healthy Lifestyle</u> Mini pierogies w/ stir fried vegetables, (2) fruits and milk</p> <p>Warrior: Warrior Chicken nuggets, salad, snack bag, (2) fruits and milk</p> <p>LENTEN LUNCH: Fish Sandwich is available at the sandwich bar</p>
<p>27 Tortilla salad, (baked tortilla chips, lettuce tomato, seasoned taco meat, topped w/cheese) rice, (2) fruits and milk</p> <p><u>Healthy Lifestyle</u> Turkey Reuben Sandwich, (2) fruits and milk</p> <p>Warrior: Pizza, salad, snack bag, (2) fruits and milk</p>	<p>28 Chickenburger or chicken parmesan sandwich, salad, (2) fruits and milk</p> <p><u>Healthy Lifestyle</u> Soft pretzel, string cheese, yogurt, salad, (2) fruits and milk</p> <p>Warrior: Sweet n' sour chicken, rice, broccoli, (2) fruits and milk</p>	<p>29 Cheeseburger, baked french fries, salad, (2) fruits and milk</p> <p><u>Healthy Lifestyle</u> Stuffed shells, salad, (2) fruits and milk</p> <p>Warrior: Hot n' spicy chicken sandwich, salad, snack bag, (2) fruits and milk</p>	<p>Breakfast is available daily Breakfast choices offered throughout the week: Cinnamon Texas Toast McWarrior Sandwich Muffins, bagels with cream cheese Waffles, pancakes Cereal, milk and fruit juices.</p> <p>Students may purchase a breakfast for \$1.35 or ala breakfast.</p>	