

For Questions Regarding Food Service, Please call: 437-3287 or email at ldonihue@hillsdaleschools.org
Lunch Price \$2.35. Reduced lunch price \$1.40. Allergens: Milk, Soy, Eggs, Wheat, Peanuts, Tree Nuts

HILLSDALE HIGH SCHOOL

FEBRUARY 2012

In February we are highlighting brown rice! Brown rice is a whole grain and contains more fiber than white rice. Brown rice also has important nutrient such as potassium and zinc. We have brown rice on Wednesdays.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30-Jan DOMINOS PIZZA PIZZA DIPPERS PIZZA: PIZZA CROISSANT BROCC & CHZ/ PEAS & CARR. APPLE CRISP/FR. FRUITS	31-Jan MASHED POT. BOWL MINI CORN DOGS PIZZA: MEAT LOVER'S SEAS. CORN/ FR. VEGGIES CAESAR ROMAINE/FR.FRUIT	1-Feb HAM AND CHEESE CALZONE CHICKEN RINGS PIZZA: SAUSAGE & CHEESE CARROT STIX/TOSSED SALAD CREAMY FRUIT SAL./PEARS	2-Feb SWEET & SOUR CHIX & RICE SPICY CHICKEN SANDWICH PIZZA: HAM AND CHEESE GR. BEANS/DICED PEACHES FORTUNE COOKIES/MAN. OR	3-Feb MACARONI AND CHEESE GRILLED CHICKEN SAND. PIZZA: MEATBALL ROMAINE & TOM. SALAD TROPICAL FRT. BL./FR. FRUIT
6-Feb DOMINOS PIZZA PIZZA: DOMINOS CAESAR SAL./ VEG. PASTA PEACHY FRUIT SALAD/FR. FRT	7-Feb HOT DOG TWO FOR ONE DOUBLECHEESEBURGER PIZZA: INDIVIDUAL PIZZAS BROCCOLI BITS/FR. VEGGIES PEAR & RAISIN SAL./MAN. OR	8-Feb TACO BAR PORK BBQ SAND. PIZZA: PEPPERONI REFRIED BEANS/LETT.&TOM. CREAMY FRT. SALAD/FR. FRUIT	9-Feb PASTA BAR & BRDSTICK CHICKEN TENDERS PIZZA: HAWAIIAN SEAS. GR. BEANS/TOSSED JUICY JELLO/ MIXED FRUIT	10-Feb CHICKEN AND NOODLES CHICKEN RINGS PIZZA: VEGGIE TOSTADA ROMAINE SALAD/GR. PEAS BAKED APPLES/FR. FRUIT
13-Feb DOMINOS PIZZA GRILLED CHICKEN SAND. PIZZA: DOMINOS CALIF. BLEND/CAESAR SALAD FRUIT CRISP/MIXED FRUIT	14-Feb BAKED CAVATAPPI POPCORN CHICKEN PIZZA: HAM & CHZ CALZONE GREEN BEANS/GREEK SALAD FR. FRUIT/PEAR & RAISIN SAL	15-Feb TOASTED CHEESE SAND. SPICY CHICKEN SAND. PIZZA: MEXICAN PIZZA TOM. SOUP/COLESLAW FR. FRT./CREAMY FRT. SAL.	16-Feb SLOPPY JOE TWO FOR ONE MEATBALL SUB PIZZA: SAUSAGE & CHEESE ANTIPASTO SAL/OVEN FRIES CIN, APPLESAUCE/PINEAPPLE	17-Feb CHICKEN ENCHILADA POPCORN CHICKEN PIZZA: MEAT LOVER'S REFRIED BEANS/SEAS.CORN PINEAPPLE/FR. FRUITS
20-Feb PRESIDENT'S DAY NO SCHOOL TODAY	21-Feb MASHED POTATO BOWL CHICKEN TENDERS PIZZA: PIZZA CROISSANT SEAS. CORN/FR. VEGGIES FR. FRUIT/BAKED APPLES	22-Feb NACHO BAR PORK BBQ SAND. PIZZA: INDIVIDUAL PIZZAS CORN & BEAN SAL./LETT& TOM PINEAPPLE/ MAN. OR.	23-Feb PASTA BAR W/MEATBALLS SPICY CHICKEN SAND. PIZZA: MEATBALL PIZZA BROCCOLI/ CARROT COINS MIXED FRUIT/FR. FRUIT	24-Feb HOT DOG TWO FOR ONE MEATBALL SUB PIZZA: HAM AND CHEESE CALIF. W/CHZ/SWT. POT. FRIE WH.GR.VEGGIE PASTA SALAD
27-Feb DOMINOS PIZZA BBQ CHICKEN CHIPS PIZZA: DOMINOS CAESAR SAL./ CALIF. BLEND PEACH COBBLER/FR. FRUIT	28-Feb HAM & CHZ TWO FOR ONE SPICY CHICKEN PIZZA: MEAT LOVER'S CARROT & CELERY/FR. BROCC CREAMY FRT. SAL/ PEARS	29-Feb TURKEY GRAVY & DRESSING CHICKEN FRYZ PIZZA: PEPPERONI MASHED POT./GR. BEAN CASS BAKED APPLES/FR. FRUIT	1-Mar K-8 CONFERENCES NO SCHOOL TODAY	2-Mar NO SCHOOL TODAY

In accordance with Federal Law and U.S. Department of institution is prohibited from discriminating on the basis sex, age, or disability.

To file a complaint of discrimination, write USDA, Direct 1400 Independence Avenue, SW, Washington, D.C. 20251 (866) 632-9992 (Voice). Individuals who are hearing or disabilities may contact USDA through the Federal Relay or (800) 845-6136 (Spanish). USDA is an equal opportunity