




# COLD SPRING HARBOR JR/SR HIGH SCHOOL

## FEBRUARY 2019

<p><b>AVAILABLE DAILY: \$3.00</b>  <b>SERVED AS COMPLETE MEALS</b>  <b>GRAB AND GO SANDWICHES</b>  <b>BOAR'S HEAD BRAND</b>  <b>M - W - F FRESH ASSORTED PIZZA</b>  <b>T - TH HAMBURGERS AND</b>  <b>CHICKEN CUTLET SANDWICHES</b>  <b>SALAD BAR AND</b>  <b>MADE TO ORDER DELI BAR</b>  <b>AVAILABLE DAILY</b>  <b>HEALTHY SNACK SELECTION</b>  <b>CHOOSE SENSIBLY</b></p>	<p><b>BREAKFAST AVAILABLE DAILY \$1.75 7:25- 9:00</b>  <b>INCLUDES MILK, JUICE AND FRUIT</b>  <b>AVAILABLE DAILY - BAGELS AND CEREAL</b>  <b>MONDAY &amp; WEDNESDAY &amp; FRIDAYS</b>  <b>FRENCH TOAST STICKS</b>  <b>TUESDAY &amp; THURSDAY -EGG SANDWICH</b>  <b>BREAKFAST IS AN IMPORTANT START TO EVERY DAY</b></p> <div style="text-align: center;">  </div>	<p><b>SERVED DAILY</b>  <b>MILK CHOICES: 8oz</b>  <b>WHITE SKIM or 1%,</b>  <b>CHOCOLATE 1%</b>  <b>100% FRUIT JUICE - 4oz</b>  <b>APPLE, ORANGE</b>  <b>FRESH FRUIT BOWL</b>  <b>CHILLED CUPPED FRUIT</b>  <b>2 VEGETABLE CHOICES</b>  <b>BABY CARROTS</b>  <b>FRESH GREEN SALAD</b>  <b>WE OFFER WHOLE</b>  <b>GRAIN BREADS</b></p>
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<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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	<p><b>GROUND HOG DAY</b></p>  <p><b>FEBRUARY 2<sup>ND</sup></b>  <b>6 MORE WEEKS OF</b>  <b>WINTER??</b></p>	<p><b>BEEF (B)</b>  <b>TURKEY (T)</b>  <b>PORK (P)</b>  <b>CHICKEN (C)</b>  <b>OFFICE OF FOOD</b>  <b>AND NUTRITION</b>  <b>GERRI TIGER</b>  <b>SCHOOL LUNCH MGR</b>  <b>367-6970</b></p>	<p><b>FEBRUARY</b>  <b>IS NATIONAL</b>  <b>HEART MONTH</b>  <b>WEAR RED</b>  <b>FRIDAY</b>  <b>FEBRUARY 8 , 2019</b></p> 	<p><b>1</b></p> <p><b>BUFFALO WRAP</b>  <b>CHICKEN, HOT SAUCE</b>  <b>MOZZARELLA &amp; BLUE</b>  <b>CHEESE</b>  <b>OVEN FRIES</b>  <b>SLICED ORANGES</b>  <b>MILK CHOICE</b></p>
<p><b>4</b></p> <p><b>HOT WINGS</b>  <b>ROASTED BROCCOLI</b>  <b>BLUE CHEESE DIP</b>  <b>OVEN FRIES</b>  <b>CHILLED APPLESAUCE</b>  <b>MILK CHOICE</b></p>	<p><b>5</b></p> <p><b>CHINESE NEW YEAR</b>  <b>TERIYAKI CHICKEN</b>  <b>STEAMED BROCCOLI</b>  <b>FRIED RICE</b>  <b>PINEAPPLE BITS</b>  <b>MILK CHOICE</b></p>	<p><b>6</b></p> <p><b>SOUTHERN BBQ</b>  <b>PULLED PORK SLIDERS</b>  <b>COLESLAW</b>  <b>POTATO TOTS</b>  <b>SLICED PEACHES</b>  <b>MILK CHOICE</b></p>	<p><b>7</b></p> <p><b>MOZZARELLA STICKS</b>  <b>MARINARA DIPPING</b>  <b>SAUCE</b>  <b>SIDE OF PASTA</b>  <b>GARLIC BREAD</b>  <b>GARDEN SALAD</b>  <b>NAVAL ORANGES</b>  <b>MILK CHOICE</b></p>	<p><b>8</b></p> <p><b>LEMON CHICKEN</b>  <b>SAUTEED CHICKEN</b>  <b>BREAST</b>  <b>WILD RICE</b>  <b>ROASTED BROCCOLI</b>  <b>FRUIT BOWL</b>  <b>MILK CHOICE</b></p>
<p><b>11</b></p> <p><b>CHICKEN NUGGETS</b>  <b>ALL WHITE MEAT</b>  <b>SWEET POTATO FRIES</b>  <b>SAUTEED SPINACH</b>  <b>SLICED PEARS</b>  <b>MILK CHOICE</b></p>	<p><b>12</b></p> <p><b>HERB CIABATTA BUN</b>  <b>PEPPERONI AND</b>  <b>MOZZARELLA MELT</b>  <b>GARLIC ROASTED</b>  <b>GREEN BEANS</b>  <b>FRESH ORANGES</b>  <b>MILK CHOICE</b></p>	<p><b>13</b></p> <p><b>SOUTHERN STYLE</b>  <b>OVEN BAKED CHICKEN</b>  <b>FLUFFY RICE</b>  <b>DINNER ROLL</b>  <b>SWEET CORN</b>  <b>RED GRAPES</b>  <b>MILK CHOICE</b></p>	<p><b>14</b></p> <p><b>PASTA LOVERS</b>  <b>CHEESE TORTELLINI</b>  <b>OR LASAGNA ROLL</b>  <b>GARLIC HERB BREAD</b>  <b>GARDEN SALAD</b>  <b>CHILLED PEACHES</b>  <b>MILK CHOICE</b></p>	<p><b>15</b></p> <p><b>BREAKFAST BAGEL</b>  <b>BACON, EGG AND</b>  <b>CHEESE</b>  <b>POTATO TOTS</b>  <b>BANANAS</b>  <b>FRUIT JUICE</b>  <b>MILK CHOICE</b></p>



<p><b>25</b></p> <p><b>CHICKEN CLUB</b>  <b>CRISPY CHICKEN CUTLET</b>  <b>CHEESE &amp; BACON</b>  <b>FRENCH FRIES</b>  <b>CAULIFLOWER PARMESEAN</b>  <b>NAVEL ORANGES</b>  <b>MILK CHOICE</b></p>	<p><b>26</b></p> <p><b>GREEK STYLE</b>  <b>GYROS(B)</b>  <b>SOFT PITA</b>  <b>TOMATO &amp; ONION</b>  <b>TZATZIKI SAUCE</b>  <b>STEAMED BROCCOLI</b>  <b>CHILLED PEACHES</b>  <b>MILK CHOICE</b></p>	<p><b>27</b></p> <p><b>MINI MEATBALLS</b>  <b>SWEDISH STYLE</b>  <b>BUTTERED NOODLES</b>  <b>DINNER ROLL</b>  <b>GREEN BEANS</b>  <b>FRESH FRUIT</b>  <b>MILK CHOICE</b></p>	<p><b>28</b></p> <p><b>PHILLY STEAK</b>  <b>PINWHEELS</b>  <b>FRENCH FRIES</b>  <b>GARDEN SALAD</b>  <b>FRUIT COCKTAIL</b>  <b>MILK CHOICE</b></p>	<p><b>THIS INSTITUTION</b>  <b>IS AN EQUAL</b>  <b>OPPORTUNITY</b>  <b>PROVIDER AND</b>  <b>EMPLOYER</b></p>
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