



A milk choice 1%, skim,  
and fat free chocolate is served  
with all meals.

## FLIPPIN MENU

### FEBRUARY 2019 LUNCH

Menu is subject to change based  
on weather and food availability.

(lunch/breakfast menu)

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
|  |   |   |   | <b>PIZZA</b><br><b>SALAD / DRESSING</b><br><b>GREEN BEANS</b><br><b>FRUIT</b><br><b>MILK</b>   |
| 4  | 5   | 6  | 7   | 8  |
| <b>CHICKEN FAJITA</b><br><b>LET / TOM / SALSA</b><br><b>PINTO BEANS</b><br><b>FRUIT</b><br><b>OATMEAL COOKIE</b><br><b>MILK</b>        | <b>TURKEY &amp; CHEESE WRAP</b><br><b>CORN ON THE COB</b><br><b>LETTUCE / TOMATO</b><br><b>FRUIT</b><br><b>MILK</b>                               | <b>OVEN ROASTED CHICKEN</b><br><b>SWEET POTATOES</b><br><b>CALIFORNIA BLEND VEG</b><br><b>ROLL</b><br><b>FRUIT</b><br><b>MILK</b>    | <b>VEGETABLE SOUP</b><br><b>GRILLED CHEESE SANDWICH</b><br><b>SALAD / DRESSING</b><br><b>FRUIT</b><br><b>MILK</b>                     | <b>NO SCHOOL</b><br><b>FOR STUDENTS</b>  |
| 11   | 12  | 13   | 14  | 15   |
| <b>ROAST TURKEY AND CHEESE/ BUN</b><br><b>QUICK BAKED POTATO</b><br><b>CARROT STICKS &amp; DIP</b><br><b>FRUIT</b><br><b>MILK</b>      | <b>TACO SNACK WRAP</b><br><b>SALAD / DRESSING</b><br><b>MIXED VEGETABLES</b><br><b>FRUIT</b><br><b>MILK</b>                                       | <b>SPAGHETTI / MEATSAUCE</b><br><b>SALAD / DRESSING</b><br><b>GREEN BEANS</b><br><b>FRUIT</b><br><b>ROLL</b><br><b>MILK</b>          | <b>CHICKEN TACO SALAD</b><br><b>LET / TOM / SALSA</b><br><b>REFRIED BEANS</b><br><b>FRUIT</b><br><b>OATMEAL COOKIE</b><br><b>MILK</b> | <b>BBQ PULLED PORK ON BUN</b><br><b>BAKED BEANS</b><br><b>BROCCOLI SALAD</b><br><b>FRUIT</b><br><b>GRAHAM CRAKER</b><br><b>MILK</b>    |
| 18   | 19  | 20   | 21  | 22   |
| <b>NACHO'S w/ GROUND BEEF</b><br><b>LETTUCE / TOMATO</b><br><b>PINTO BEANS</b><br><b>FRUIT</b><br><b>CHOCOLATE CAKE</b><br><b>MILK</b> | <b>CHICKEN QUESIDILLA</b><br><b>SALAD / DRESSING</b><br><b>MIXED VEGETABLES</b><br><b>FRUIT</b><br><b>GRAHAM CRACKER</b><br><b>MILK</b>           | <b>CHILI</b><br><b>SALAD / DRESSING</b><br><b>CINN ROLL</b><br><b>SPICED APPLES</b><br><b>MILK</b>                                   | <b>CHICKEN &amp; NOODLES</b><br><b>STEAMED BROCCOLI</b><br><b>SALAD / DRESSING</b><br><b>FRUIT</b><br><b>ROLL</b><br><b>MILK</b>      | <b>CHICKEN &amp; CHEESE WRAP</b><br><b>RANCH DRESSING</b><br><b>POTATO WEDGES</b><br><b>BAKED BEANS</b><br><b>FRUIT</b><br><b>MILK</b> |
| 25   | 26  | 27   | 28  |  |
| <b>WALKING TACO</b><br><b>PINTO BEANS</b><br><b>SALSA</b><br><b>FRUIT</b><br><b>COWBOY COOKIE</b><br><b>MILK</b>                       | <b>CHICKEN NUGGETS/BBQ SAUCE</b><br><b>MACARONI &amp; CHEESE</b><br><b>ENGLISH PEAS</b><br><b>SALAD / DRESSING</b><br><b>FRUIT</b><br><b>MILK</b> | <b>CHICKEN SPAGHETTI</b><br><b>SALAD / DRESSING</b><br><b>CALIFORNIA BLEND VEGGIES</b><br><b>FRUIT</b><br><b>ROLL</b><br><b>MILK</b> | <b>PORK ROAST/ GRAVY</b><br><b>MASHED POTATOES</b><br><b>SEASONED CORN</b><br><b>FRUIT</b><br><b>ROLL</b><br><b>MILK</b>              |  |

