

Check out **NEW** menu items highlighted in **PURPLE**.
Tell us what you think!

FEBRUARY 2020

Henderson Collegiate – High School

Drinks: Plain 1% milk, skim chocolate and strawberry milk, and water available at breakfast and lunch

Monday

Cinnamon Roll
Fresh Fruit **3**

Teriyaki Chicken over Aromatic Rice
Ginger Carrots, Cucumber Slices
Fresh Fruit

Cereal Bars (2)
Fresh Fruit **10**

HC Deluxe Burger
Tossed Salad, Creamy Yellow Corn
Fresh Fruit

17

NO SCHOOL

Cinnamon Roll
Fresh Fruit **24**

Classic Chicken Sandwich
Choice of Sauce: BBQ or Spicy Ranch
Creamy Corn, Fresh Green Salad
Fresh Fruit

Tuesday

Yogurt, Granola
Fresh Fruit **4**

Italian Ham & Butterbeans w/Shaved
Parmesan over Brown Rice, Dinner Roll
Steamed Lemon Broccoli, Sautéed
Onions & Green Peppers
Fresh Fruit

Yogurt, WG Muffin
Fresh Fruit **11**

Mexican Black Beans & Cilantro Rice
Tex-Mex Caesar Salad
Baby Carrots
Fresh Fruit

Cinnamon Roll
Fresh Fruit **18**

Chicken Fajita (2 WG tortillas)
Chili Lime Corn Salad
Mexican Jumping Beans, Sassy Salsa
Fresh Fruit

Yogurt, WG Muffin
Fresh Fruit **25**

Louisiana Red Beans
w/Sausage & Brown Rice
Shredded Carrot Salad
Fresh Fruit

Wednesday

Cereal Bars (2)
Fresh Fruit **5**

HC Nacho Bar! (ground beef, sour cream,
shredded cheddar, chopped lettuce, sassy
salsa, WG chips)
Fiesta Black Beans
Fresh Fruit

Bagel, Jelly, Butter or Cream Cheese
Fresh Fruit **12**

Pulled Pork Sandwich
Mashed Sweet Potatoes
HC's Famous Coleslaw
Fresh Fruit

WG Biscuit, Butter, Jam
Fresh Fruit **19**

Winter Ragu (meaty red sauce) over WG
Spiral Pasta, Parmesan Cheese
Fresh Green Salad, Cherry Tomatoes
WG Roll
Fresh Fruit

Appleways
Fresh Fruit **26**

"Wok-Fried" Rice w/Sesame Chicken
Asian-Style Green Beans
Quick Pickled Cucumbers
Fresh Fruit

Thursday

Bagel, Butter or Cream Cheese
Fresh Fruit **6**

Classic Chicken Sandwich
Choice of Sauce: BBQ or Spicy Ranch
Creamy Corn, Fresh Green Salad
Fresh Fruit

Appleways
Fresh Fruit **13**

Mac&Cheese Bar
Toppings: bacon crumbles, chives,
hot sauce; Dinner Roll
String Beans, Baked Beans
Fresh Fruit

Yogurt, Granola
Fresh Fruit **20**

Breakfast for Lunch:
Omelet, WG Pancakes
Spinach Salad, Cucumber Slices
Fresh Fruit

Bagel, Peanut Butter
Fresh Fruit **27**

Pulled Pork Sandwich
HC's Famous Coleslaw, Baby Carrots
Fresh Fruit

Friday

Superdonut, Fresh Fruit **7**
PBJ or Turkey Ham & Cheese Sandwich
Carrots, Celery Sticks, Chips
Fresh Fruit

SATURDAY SCHOOL FEB 8
Poptarts (2), Fresh Fruit
PBJ or Turkey Ham & Cheese Sandwich
Carrots, Broccoli, Fresh Fruit

14

NO SCHOOL

Cereal Bars (2)
Fresh Fruit **21**

Build Your Own Salad!
Chopped Romaine, Carrot, Sliced
Cucumber, Tomatoes
Tuna Salad or Hardboiled Egg
Shredded Cheese, Pita Wedges
Fresh Fruit

Superdonut
Fresh Fruit **28**

Chicken Biscuit (2)
Baby Carrots, Green Pepper Strips
Ranch dressing
Cheese Stick
Fresh Fruit

