



SHADY COVE MIDDLE MENU

FEBRUARY 2020



EVERYDAY CHOICES:





Made to Order Deli Sandwiches: Choice of Turkey OR Ham, and Cheese with Veggie toppings

Offered with Sub Roll or Wrap	
MON	Turkey & Cheese Just Turkey or Just Cheese
TUES	Ham & Cheese Just Ham or Just Cheese
WED	Turkey & Cheese Just Turkey or Just Cheese
THURS	Ham & Cheese Just Ham or Just Cheese
FRI	Turkey & Cheese Just Turkey or Just Cheese



- 2/4 – Pepperoni or Cheese
- 2/6 – Sausage or Cheese
- 2/11 – Pepperoni or Cheese
- 2/13 – Sausage or Cheese
- 2/18 – Pepperoni or Cheese
- 2/25 – Pepperoni or Cheese
- 2/27 – Sausage or Cheese



<p>Student Lunch: First meal no cost Adult Lunch: \$3.90</p>				<p>Our Menus are designed to meet USDA Dietary Guidelines Menus are subject to change. Notice will be given when possible</p>
<p>3 BEEF & CHEESE NACHOS ----- CHICKEN BURGER W/ FRENCH FRIES</p>	<p>4 BEEF & BROCCOLI OVER RICE ----- PEPPERONI &/OR CHEESE PIZZA</p>	<p>5 CHEESY BREADSTICKS W/ MARINARA SAUCE ----- CHICKEN NUGGETS W/ ROLL & GREEN BEANS</p>	<p>6 BBQ PORK SANDWICH W/ FRENCH FRIES ----- SAUSAGE &/OR CHEESE PIZZA</p>	<p>7 SPAGHETTI W/ MEATSAUCE ----- CHEESE BURGER OR VEGGIE BURGER W/ FRENCH FRIES</p>
<p>10 BEAN & CHEESE ENCHILADAS ----- CHICKEN BURGER W/ FRENCH FRIES</p>	<p>11 TERIYAKI BEEF & BROCCOLI OVER RICE ----- PEPPERONI &/OR CHEESE PIZZA</p>	<p>12 TURKEY GRAVY OVER MASHED POTATOES W/ ROLL ----- CHICKEN NUGGETS W/ ROLL & CORN</p>	<p>13 BAKED CORN DOG W/ FRENCH FRIES ----- SAUSAGE &/OR CHEESE PIZZA</p>	<p>14 CHICKEN & WAFFLES W/STRAWBERRY SAUCE ----- MELT YOUR HEART PRETZEL W/ CHEESE WHIP & JELLO DESSERT</p>
<p>17 </p>	<p>18 KOREAN BBQ PORK OVER RICE ----- PEPPERONI &/OR CHEESE PIZZA</p>	<p>19 POSOLE W/ TORTILLA CHIPS ----- CHICKEN NUGGETS W/ ROLL & GREEN BEANS</p>	<p>20 SWEET & SOUR CHICKEN OVER FRIED RICE ----- TERIYAKI BEEF OVER FRIED RICE FORTUNE COOKIE</p>	<p>21 CHICKEN PARMESAN SANDWICH W/ FRIES ----- CHEESE BURGER OR VEGGIE BURGER W/ FRENCH FRIES</p>
<p>24 BEEF & CHEESE TOT'CHOS ----- CHICKEN BURGER W/ FRENCH FRIES</p>	<p>25 CHICKEN MASHED POTATO BOWL W/ ROLL ----- PEPPERONI &/OR CHEESE PIZZA</p>	<p>26 CHEESY BREADSTICKS W/ MARINARA SAUCE ----- HAMBURGER GRAVY OVER MASHED POTATOES W/ ROLL</p>	<p>27 ORANGE CHICKEN OVER RICE ----- SAUSAGE &/OR CHEESE PIZZA</p>	<p>28 HOMEMADE RAINBOW CHILI W/ MINI CORN MUFFIN ----- CHEESE BURGER OR VEGGIE BURGER W/ FRENCH FRIES</p>