



**DEER LAKES**  
SCHOOL DISTRICT  
*Today's Learners. Tomorrow's Leaders*



**SECONDARY 6-12**  
**FEBRUARY**  
**MENU**



**AVAILABLE DAILY**

**ALTERNATE LUNCH ENTREE ITEMS**

ITALIAN HOAGIE  
PEANUT BUTTER AND JELLY SANDWICH  
CHEF'S SALAD

**CHOICE OF MILK/JUICE**

FAT FREE, 1% WHITE, 1% CHOCOLATE,  
1% STRAWBERRY, & 1% VANILLA MILK  
ASSORTED 100% FRUIT JUICE

**BREAKFAST**

ASSORTED CEREAL, POPTARTS, MUFFINS, AND MUFFIN TOPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>FUN FOOD FACTS</b></p> <ul style="list-style-type: none"> <li> There are more than 1,000 species of banana. We eat only one of them.</li> <li> Pistachios are actually the seeds of a fruit (the outer fruit is removed during processing).</li> <li> In the U.S., as much as 40% of produce grown is never sold or eaten because it is too ugly.</li> <li> The average American spends US\$ 7,852 on food every year.</li> <li> The World's Most Popular Fruit is the TOMATO.</li> <li> Crete has 40 million olive trees, around 60 per inhabitant.</li> </ul>		Feb. 1 <sup>st</sup>	Feb. 2 <sup>nd</sup>	Feb. 3 <sup>rd</sup>
		<p><b>Breakfast</b> WG Dutch Waffle Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Mini Corn Dog Nuggets Steam Green Beans Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> Breakfast Sandwich Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> General Tso's Chicken Bowl Steamed Rice &amp; Broccoli Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> Homemade Donuts Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Three Cheese Calzone's Mixed Vegetables Assorted Fruit Choice of Vegetable</p>
Feb. 6 <sup>th</sup>	Feb. 7 <sup>th</sup>	Feb. 8 <sup>th</sup>	Feb. 9 <sup>th</sup>	Feb. 10 <sup>th</sup>
<p><b>Breakfast</b> Fresh Smoothies Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Buffalo Chicken Tenders French Fries Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Super Nachos Steamed Corn Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> WG Dutch Waffle Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> <b>Breakfast for Lunch!!</b> French Toast Sticks Bacon &amp; Hashbrowns Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> Breakfast Sandwich Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Chili Cheese Dog Emoticon Fries Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> Homemade Donuts Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Pepperoni Rolls w/ Marinara Sauce Thick Cut Fries Assorted Fruit Choice of Vegetable</p>



**PRFSD**  
Pittsburgh Regional Food Service Directors



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Feb. 13<sup>th</sup></b>	<b>Feb. 14<sup>th</sup></b>	<b>Feb. 15<sup>th</sup></b>	<b>Feb. 16<sup>th</sup></b>	<b>Feb. 17<sup>th</sup></b>
<p><b>Breakfast</b> Fresh Smoothies Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Chicken &amp; Vegetable Lo Mein Bowl Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> <b>Lunch</b> Boneless Chicken Wings Sweet Potato Fries Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> WG Dutch Waffle Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Hot Roast Beef Sandwich Roasted Red Potatoes Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> Breakfast Sandwich Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Chicken Quesadilla Refried Beans &amp; Corn Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> Homemade Donuts Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> BBQ Bacon Cheeseburger Waffle Fries Assorted Fruit Choice of Vegetable</p>
<b>Feb. 20<sup>th</sup></b>	<b>Feb. 21<sup>st</sup></b>	<b>Feb. 22<sup>nd</sup></b>	<b>Feb. 23<sup>rd</sup></b>	<b>Feb. 24<sup>th</sup></b>
<p><b>NO SCHOOL</b></p> 	<p><b>Breakfast</b> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Pizza Bagels Roasted Cauliflower Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> WG Dutch Waffle Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Grilled Cheese Sandwich Tomato Soup Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> Breakfast Sandwich Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Lancer Bowl Mashed Potatoes w/ Gravy and Corn Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> Homemade Donuts Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Baked Potato Bar Steamed Fresh Snap Peas Assorted Fruit Choice of Vegetable</p>
<b>Feb. 27<sup>th</sup></b>	<b>Feb. 28<sup>th</sup></b>	 <p><b>Eligibility Benefits</b> Parents can send in applications for Free and Reduced meals within minutes.</p> <p><b>Payments</b> Parents can easily review account balances and make payments.</p> <p><i>schoolcafe</i> GO BEYOND THE SCHOOL CAFETERIA.</p>		
<p><b>Breakfast</b> Fresh Smoothies Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Hot Ham and Cheese on a Pretzel Bun Shoe String French Fries Assorted Fruit Choice of Vegetable</p>	<p><b>Breakfast</b> WG Breakfast Pizza Choice of Fruit 100% Fruit Juice</p> <p><b>Lunch</b> Walkin' Taco's Steamed Broccoli Assorted Fruit Choice of Vegetable</p>			