



St Frederick High School
February 2020 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY 3-Feb Meat Pie Green Peas Carrot Souffle or Turkey	TUESDAY 4-Feb Chicken Tenders Mac & Cheese Green Beans or Roast Beef	WEDNESDAY 5-Feb Southwest Chicken Baby Carrots Yellow Rice or Grilled Chicken	THURSDAY 6-Feb Hamburger Corn Fried Potatoes or Fried Chicken	FRIDAY
MONDAY 10-Feb Fried Pork Chop Augratin Potatoes Green Peas or Grilled Chicken	TUESDAY 11-Feb Lasagna Broccoli Carrot Souffle or Fried Chicken	WEDNESDAY 12-Feb Baked Chicken Mashed Potatoes Green Beans or Roast Beef	THURSDAY 13-Feb Chicken & Dumpling Corn Lima Beans or Hamburger	FRIDAY
MONDAY 17-Feb Meatball & Spaghetti Broccoli Greens or Roast Beef	TUESDAY 18-Feb Salisbury Steak Mashed Potatoes Green Beans or Grilled Chicken	WEDNESDAY 19-Feb Chicken Tenders Mac & Cheese Corn or Turkey	THURSDAY 20-Feb Sausage & Red Beans Baby Carrots Rice or Fried Chicken	FRIDAY Green Beans
MONDAY 24-Feb	TUESDAY 25-Feb	WEDNESDAY 26-Feb Fried Cod Fish Salad Green Peas or Turkey	THURSDAY 27-Feb Spicy Cajun Chicken Rice Green Beans or Roast Beef	FRIDAY