



FEBRUARY | 2024

Leicester High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salad Bar is Available At The High School During Lunch Time Enjoy a Healthy & Delicious Salad Featuring Locally Grown Produce 5 Chicken Fajitas WG Soft Shell Tortillas Peppers, Tomato, cheese Salsa, Sour Cr. Guacamole, Roasted Corn & Blk. Bean, Pears ALTERNATE ENTRÉE Beef & Cheese Taco Stick	30 Daily Options -Grab & Go Sandwich -Grab & Go Salad -Fruit, Yogurt and -Sun Butter & Jelly -Vegetarian Options	31 Daily Options Include choice of Vegetable of the day, fruit & Non- fat milk to create a complete meal	1 Chili Cornbread Bowl Seasoned Ground Beef W/ Red Kidney & Black Beans WG Cornbread topped W/ Cheddar Cheese & diced onion Baked Plantain Slices ALTERNATE ENTRÉE Chicken Quesadilla Pizza	2 Cheesy Pizza Bites W/ Dipping Sauce Fresh Garden Salad W/ Grape Tomato, Fruit Cup ALTERNATE ENTRÉE Turkey Bacon & Cheese Panini
12 Chicken Sliders Plain or w/ Pepper Jack Cheese, Waffle Fries Three Bean Salad Assorted Fresh Fruit ALTERNATE ENTRÉE Cheese/Hamburger	6 Chicken Parmesan Sandwich Spinach Salad w/ Tomato Italian Baby Potatoes Assorted Fresh Fruit ALTERNATE ENTRÉE Pizza	7 Shepherd's Pie Honey Dilled Carrots WG Dinner Roll Strawberry Cup ALTERNATE ENTRÉE Grilled Cheese	8 Sweet & Sour Chicken Vegetable Fried Rice Roasted Broccoli in a Savory Asian Sauce Mandarin Orange Cup ALTERNATE ENTRÉE Beef & Broccoli	9 Cheese Lasagna W/ Sauce, Garlic Bread Romaine Salad W/ Caesar Dressing Mixed Fruit Cup ALTERNATE ENTRÉE Fiery Chicken Fingers
19 February Vacation No School	13 Tater Tot Nachos Seasoned Ground Beef Nacho Cheese Sauce, Lettuce, Tomato, Salsa & Sour Cream over Tater Tots, Roasted Corn & Peppers, Grapes ALTERNATE ENTRÉE Buffalo Chicken Pizza	14 Brunch @ Lunch Colby Cheese Omelete W/ Sausage links, Hash Brown Potatoes, Cucumber Coins Fresh Fruit Cup ALTERNATE ENTRÉE Ciabatta Cheese Melt	15 Ziti & Meatballs W/ WG Pasta Fresh Romaine Salad W/ Grape Tomatoes Fruit Cocktail ALTERNATE ENTRÉE Cheese Calzone W/sauce	16 North East Pizza Delivered Hot to us! Fresh Red & Green Pepper Strips W/ Dip Apple Slices ALTERNATE ENTRÉE Chicken Pattie
20 February Vacation No School	21 February Vacation No School	22 February Vacation No School	23 February Vacation No School	26 Creamy Mac-N- Cheese W/ WG Roll Ranch Roasted Broccoli Pear Cup ALTERNATE ENTRÉE Buffalo Chicken Tenders
27 BBQ Chicken Nachos W/ Cheese Lettuce, tomato, salsa, Sour Cr., Guacamole Mexicali Corn, Oranges ALTERNATE ENTRÉE Beef & Bean Burrito	28 Hot Dog on WG Roll, W/ chili & Cheese Topping, Baked Beans, Waffle Fries, Carrot Salad Assorted Fresh Fruit ALTERNATE ENTRÉE Chicken Pattie	29 Sweet Chili Thai Chicken WG Lo Mein W/ Mandarin Stir Fry Veg. Pineapple Chunks ALTERNATE ENTRÉE Vegetable Egg Rolls	30 Milk is FREE W/ a School Meal. Purchased Separately Milk is \$.60. Pre-order Deli Sandwiches Available Monday-Friday	

What Makes a Lunch?

Select 3-5 Components



One must be a



Students **MUST** take **AT LEAST 3** out of 5 meal components to be considered a complete meal. A **½ cup Fruit** or **½ cup vegetable** is **MANDATORY** W/ a meal. The 5 components to choose from are: Meat/Meat Alternate, Grain, Milk, Fruit, and Vegetable.

Breakfast & Lunch are FREE for all students this year

The State of MA has voted to extend free meals to all students for the 2023-2024 school year. Even though meals are free, the State has required districts to update students Free/Reduced/ Paid status by collecting Free & Reduced Applications this year. All households with students enrolled at the H.S. are highly encouraged to complete a 2023-24 Free and Reduced meal application (available online, High School main office & the central office).

Menus as well as other food service dept. Information, including our Non-Discrimination Statement, are available on line @ www.lpsma.net/departments/foodservice
 Food service director: Barry Sbordy
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