

# BCIT February 2017

## Choice of Milk Served With Every Meal.

(Options Include Skim, 1%, and Nonfat Chocolate)

Seasonal Fresh Fruit Served Daily

Vegetarian meals available.

## DELI SPECIALS

(served on fresh hoagie roll)

Turkey, Ham, or Bologna with Cheese

Tuna Salad/Chicken Salad/Egg Salad

Italian

Crispy Chicken or Chicken Caesar Wrap

Peanut Butter & Jelly Sandwich

## SALAD SPECIALS

Grilled or Crispy Chicken Caesar Salad

Garden Salad

Taco Salad

Asian Chicken Salad

Chicken BLT Salad

## WEEKLY SPECIALS

Specialty Pizza

Cheeseburger

Chicken Patty (Regular & Buffalo)

Nachos

Lunch Price \$3.25 :: Prepaid Options Available

## MENU SUBJECT TO CHANGE

<p><b>ALL MEALS INCLUDE CHOICE OF ENTRÉE, VEGETABLE, FRUIT, AND MILK</b></p>		<p>1. Beef Rib-A-Que Sandwich Baked Beans Carrots Romaine Salad Fresh &amp; Cupped Fruit</p>	<p>2. Roasted Chicken w/ Dinner Roll Mashed Potatoes &amp; Gravy Romaine Salad Fresh &amp; Cupped Fruit</p>	<p>3. Nachos Supreme Black Beans &amp; Rice Corn Romaine Salad Fresh &amp; Cupped Fruit</p>
<p>6. Lasagna Roll-up w/ Breadstick Chopped Kale Garden Salad Fresh &amp; Cupped Fruit</p>	<p>7. Orange Ginger Chicken Brown Rice Broccoli Garden Salad Fresh &amp; Cupped Fruit</p>	<p>8. Pulled Pork Sandwich w/Coleslaw Collard Greens Garden Salad Fresh &amp; Cupped Fruit</p>	<p>9. Cheesesteak Hoagie French Fries Glazed Carrots Garden Salad Fresh &amp; Cupped Fruit</p>	<p>10. Chicken Fajitas w/ Peppers &amp; Onions Red Beans &amp; Rice Garden Salad Fresh &amp; Cupped Fruit</p>
<p>13. Baked Macaroni &amp; Cheese w/Breadstick Green beans Spinach Salad Fresh &amp; Cupped Fruit</p>	<p>14. Chicken Parm Sandwich Red Pepper Strips Spinach Salad Fresh &amp; Cupped Fruit</p>	<p>15. Assorted Pizza Glazed Carrots Spinach Salad Fresh &amp; Cupped Fruit</p>	<p>16. ½ <b>Half Day</b></p>	<p>17. <b>NO SCHOOL</b></p>
<p>20. <b>NO SCHOOL</b></p>	<p>21. Popcorn Chicken Bowl (Mashed Potatoes, Gravy, &amp; Sweet Corn) Romaine Salad Fresh &amp; Cupped Fruit</p>	<p>22. Bacon Cheeseburger Mashed Sweet Potato Romaine Salad Fresh &amp; Cupped Fruit</p>	<p>23. Chicken Tenders and French Fries BBQ Baked Beans Romaine Salad Fresh &amp; Cupped Fruit</p>	<p>24. Tacos Sweet Corn Spanish Rice Romaine Salad Fresh &amp; Cupped Fruit</p>
<p>27. Baked Ziti w/Breadstick Steamed Broccoli Garden Salad Fresh &amp; Cupped Fruit</p>	<p>28. Chinese Noodle Bowl Glazed Carrots Garden Salad Fresh &amp; Cupped Fruit</p>			<p><b>PIZZA OF THE MONTH</b>  Spinach, Tomato &amp; Basil Pizza</p>