

THIS INSTITUTION IS AN
EQUAL OPPORTUNITY
PROVIDER

FLIPPIN SCHOOL DISTRICT
FEBRUARY 2024

MENU IS SUBJECT TO
CHANGE



1
Chili
Quick Baked Potato
Carrot Sticks
Applesauce
Cinnamon Roll
Fruit Choice 9-12
Milk

2
Ham and Cheese Roll Up
Lettuce and Tomato
Sun Chips
Broccoli Florets/Ranch
Pears
Fruit Choice 9-12
Milk

5
Cowboy Cavatini
Side Salad
Applesauce
Gelatin Cup
Hot Roll 9-12
Fruit Choice 9-12
Milk

6
Burrito
Lettuce and Tomato
Chips
Seasoned Corn
Apple
Fruit Choice 9-12
Milk

7
Chicken Stir Fry
Rice
Egg Roll
Peaches
Fortune Cookie
Fruit Choice 9-12
Milk

8
Cheese Pocket
Marinara Sauce
Spinach Salad
Mandarin Oranges
Fruit Choice 9-12
Milk

9
No School

12
Taco Soup
Tortilla Chips
Salsa
Celery Sticks
Applesauce
Fruit Choice 9-12
Milk

13
Sloppy Joe
French Fries
Veggie Sticks 9-12
Peaches
Graham Crackers
Fruit Choice 9-12
Milk

14
Macaroni and Cheese
Tossed Salad
Broccoli Florets
Mixed Berry Cup
Brownie
Fruit Choice 9-12
Milk

15
American Sub Sandwich
Lettuce and Tomato
Chips
Carrot Sticks
Frozen Fruit Cup
Fruit Choice 9-12
Milk

16
Crispito
Yogurt Cup
Refried Beans
Corn on the Cob
Mandarin Oranges
Fruit Choice 9-12
Milk

19
Chicken Nuggets
Mashed Potatoes
Black eyed Peas
Strawberries
Biscuit 9-12
Fruit Choice 9-12
Milk

20
Pizza
Green Beans
Carrot Sticks
Applesauce
Fruit Choice 9-12
Milk

21
Pig in a Blanket
Sweet Potato Fries
Veggie Sticks
Pineapple
Pudding
Fruit Choice 9-12
Milk

22
Frito Pie
Tossed Salad
Pears
Graham Crackers
Fruit Choice 9-12
Milk

23
Hamburger
Lettuce-Tomato-Pickle
French Fries
Peaches
Lemon Icebox Pie
Fruit Choice 9-12
Milk

26
Chicken Fajita
Rice
Refried Beans
Lettuce and Tomato
Orange
Fruit Choice 9-12
Milk

27
Salisbury Steak
Mashed Potatoes
Seasoned Broccoli
Peaches
Biscuit
Fruit Choice 9-12
Milk

28
Chicken Sandwich
Lettuce and Tomato
French Fries
Strawberries
Fruit Choice 9-12
Milk

29
Spaghetti
Tossed Salad
Grapes
Italian Bread
Fruit Choice 9-12
Milk