

Menu Name : PiMS Arts High School Grades 9-12 Lunch Menu  
Grade Level / Age Group : 9-12 Grades

Options Provided : Hot & Hot Vegetarian Meals  
Meal Pattern : NSLP Meal : Lunch

**FEBRUARY - 2025**

		Monday, February 3, 2025	Tuesday, February 4, 2025	Wednesday, February 5, 2025	Thursday, February 6, 2025	Friday, February 7, 2025		
<b>Hot Meals</b>		<b>Buffalo Chicken Nuggets</b>	<b>BBQ Meatballs</b>	<b>Asian Noodles Bowl</b>	<b>Spicy Chicken Patty Sandwich</b>	<b>Fresh Baked Pizza Slice</b>	<b>Week VI</b>	
		Ranch Dip	Mashed Potatoes	Teriyaki Noodles with Asian Sesame Chicken	WG Bun & Ketchup	Assorted Salad Bar		
		Cheddar Crisps	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Large Crisp Varietal Apple		
		Assorted Salad Bar	WG Roll & Birthday Cake Grahams	Bananas	Frozen Fruit Cup	Choice Milk		
		Chilled Peaches, 100% Fruit Juice Box & Choice Milk	Chilled Fruit Cocktail, 100% Fruit Juice Box & Choice Milk	Choice Milk	Hot Cheetos, 100% Fruit Juice Box & Choice Milk			
<b>Hot Veg</b>	<b>Twisty Stuffed Breadsticks w/ Dip</b>	<b>Veggie Garden Burger w/Ketchup</b>	<b>Big Daddy's French Pizza Bread</b>	<b>Grilled Cheese Sandwich</b>	<b>Fresh Hot Cheese Pizza</b>			
		Monday, February 10, 2025	Tuesday, February 11, 2025	Wednesday, February 12, 2025	Thursday, February 13, 2025	Friday, February 14, 2025		
<b>Hot Meals</b>		<b>Smoky Cheeseburger</b>	<b>Chicken Tinga Burrito Wrap</b>	<b>All Beef Hot Dog</b>	<b>General Tso Chicken</b>	<b>Pizza Hand Pie</b>	<b>Week I</b>	
		WG Bun, BBQ Sauce, Ketchup & Shred Cheese	Seasoned Chicken, Warm Cilantro Rice, Cheese & Tangy Sauce served on WG Wrap	WG Hot Dog Bun, Ketchup & Mustard	Steamed Brown Rice	Assorted Salad Bar		
		Assorted Salad Bar	Assorted Salad Bar & Chilled Fruit Cocktail	Potato Stix & Ketchup	Assorted Salad Bar	Large Crisp Varietal Apple		
		Chilled Peaches	100% Fruit Juice Box & Choice Milk	Assorted Salad Bar	Frozen Fruit Cup	Choice Milk		
		WG Ranch Crackers, 100% Fruit Juice Box & Choice Milk		Bananas & Choice Milk	100% Fruit Juice Box & Choice Milk	Animal Crackers		
<b>Hot Veg</b>	<b>Vegetarian Croissant Sandwich</b>	<b>Pizza Crunchers</b>	<b>Cheese Hot Pocket w/ Dipping Sauce</b>	<b>Cheesy Quesadilla</b>	<b>Veggie &amp; Cheese Lasagna</b>			
		Monday, February 17, 2025	Tuesday, February 18, 2025	Wednesday, February 19, 2025	Thursday, February 20, 2025	Friday, February 21, 2025		
<b>Hot Meals</b>		<b>Soft Shell Tortilla Taco</b>	<b>Chili Chicken Drumstick</b>	<b>Mozzarella Burger</b>	<b>Premium Chicken Nuggets &amp; Ranch</b>	<b>Fresh Baked Pizza Slice</b>	<b>Week II</b>	
		WG Tortilla, Taco Seasoned Beef, Shred Cheese & Crema	Seasoned Rice	Ketchup	WG Dinner Roll	Assorted Salad Bar		
		Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Large Crisp Varietal Apple		
		Chilled Peaches & 100% Fruit Juice Box	Chilled Fruit Cocktail	Bananas	Frozen Fruit Cup	Choice Milk		
		Scooby Grahams & Choice Milk	100% Fruit Juice Box & Choice Milk	Wheat Crackers & Choice Milk	100% Fruit Juice Box & Choice Milk			
<b>Hot Veg</b>	<b>Bean &amp; Cheese Burrito</b>	<b>Pizza Crunchers</b>	<b>Garden Mozzarella Burger w/Ketchup</b>	<b>Easy-Cheesy Pull Aparts</b>	<b>Fresh Hot Cheese Pizza</b>			
		Monday, February 24, 2025	Tuesday, February 25, 2025	Wednesday, February 26, 2025	Thursday, February 27, 2025	Friday, February 28, 2025		
<b>Hot Meals</b>		<b>Crunch Wrap</b>	<b>Classic Beef Sloppy Joe</b>	<b>Sichuan Chicken</b>	<b>Spicy Pasta Bake w/ Red Sauce</b>	<b>Brunch Lunch</b>	<b>Week III</b>	
		Wg Tortilla, Spicy Chicken Tenders	Traditional Sloppy Joe meat served on WG Bun & Shred Cheese served on side	Steamed Seasoned Rice	WG Penne w/ Grilled Chicken & Mozzarella	French Toast Sticks & Syrup		
		Shred Cheese & Boom Sauce	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar		
		Assorted Salad Bar	Chilled Fruit Cocktail	Bananas	Frozen Fruit Cup	Large Crisp Varietal Apple		
		Chilled Peaches, 100% Fruit Juice Box & Choice Milk	Flamas, 100% Fruit Juice Box & Choice Milk	Choice Milk	Wafers, 100% Fruit Juice Box & Choice Milk	Choice Milk		
<b>Hot Veg</b>	<b>Fluffy Omelet, Buttermilk Pancakes &amp; Syrup</b>	<b>Cheesy Quesadilla</b>	<b>French Bread</b>	<b>Veg Garden Nuggets w/ Ketchup</b>	<b>Multi Cheese Croissant Sandwich</b>			

**Proteins in School Meals**

Protein gets a lot of attention these days. In school meals, we categorize protein-rich foods as "meat and meat alternatives." These include lean meats such as poultry and beef, beans/legumes and cheese. By offering a variety of options on our menus, we accommodate a range of dietary preferences and needs.

These foods are rich sources of protein, essential for building and repairing tissues, supporting immune function, and maintaining overall health. Additionally, they provide vital nutrients such as iron, zinc and B vitamins, which are crucial for cognitive function, energy metabolism and overall well-being.

\*\*\* Hot Vegetarian meals are served with vegetables, fruit of the day & milk.

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

This menu is 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.



MARCH 2025 Menu (Subject to Change)					
	Monday, March 3, 2025	Tuesday, March 4, 2025	Wednesday, March 5, 2025	Thursday, March 6, 2025	Friday, March 7, 2025
Hot Meals	<b>Spicy Coco-Lime Chicken Drumstick</b> Warm Seasoned Rice Assorted Salad Bar Chilled Peaches 100% Fruit Juice Box & Choice Milk	<b>Chicken Enchilada Crunch Lunch</b> Seasoned Chicken Enchilada with Fritos Corn Chips for a crunchy base   Served with Cheese on side Chilled Fruit Cocktail & Assorted Salad Bar Mixed Berry Grahams, 100% Fruit Juice Box & Choice Milk	<b>The Cheeseburger</b> , that Never Gets Old-Fashioned WG Bun, Cheese Slice & Ketchup Crispy Ranch Crackers Assorted Salad Bar Bananas & Choice Milk	<b>Golden Corn Dog</b> WG Chicken Corn Dog served with Ketchup Waffles Assorted Salad Bar & Frozen Fruit Cup 100% Fruit Juice Box & Choice Milk	<b>Fresh Baked Pizza Slice</b> Assorted Salad Bar Large Crisp Varietal Apple Choice Milk
	Hot Veg	<i>Cheese Mostaccioli &amp; WG Roll</i>	<i>Easy-Cheesy Pull Aparts</i>	<i>Mac &amp; Cheese Bites w/ Ranch</i>	<i>Cheese Calzone</i>
	Monday, March 10, 2025	Tuesday, March 11, 2025	Wednesday, March 12, 2025	Thursday, March 13, 2025	Friday, March 14, 2025
Hot Meals	<b>Spicy Chicken Tenders &amp; Youza Sauce</b> Assorted Salad Bar Chilled Peaches WG Roll 100% Fruit Juice Box & Choice Milk	<b>Walking Taco</b> Beef Taco Meat, Nacho Cheese Doritos, Shred Cheese & Crema Assorted Salad Bar Chilled Fruit Cocktail Vanilla Chat-Snax, 100% Fruit Juice Box & Choice Milk	<b>Chinese Teriyaki Chicken</b> Steamed Seasoned Rice Assorted Salad Bar Bananas Choice Milk	<b>Hot Honey Beef Noodles</b> Assorted Salad Bar Frozen Fruit Cup Choice Milk 100% Fruit Juice Box	<b>Cheese Hot Pocket</b> Warm Red Sauce Assorted Salad Bar Large Crisp Varietal Apple Grahams & Choice Milk
	Hot Veg	<i>Fluffy Omelet, Buttermilk Pancakes &amp; Syrup</i>	<i>Bean &amp; Cheese Pupusa w/ Boom Sauce</i>	<i>Veggie &amp; Cheese Lasagna &amp; Grahams</i>	<i>French Pizza Bread</i>