



# FEBRUARY 2025

## PHS

Every day we offer a delicious and varied salad bar full of fruits and vegetables!

### Monday

Tacos **3**  
Beef / Bean  
Cilantro Lime Rice / Corn  
Fruits and Vegetables  
Milk

### Tuesday

**National Soup Day!** **4**  
Chicken Caesar Wrap  
Hummus / Croutons  
Homemade Corn Chowder  
Fruits and Vegetables  
Milk

### Wednesday

Stuffed Pepper **5**  
Beef / Black Bean  
Cornbread / Brown Rice  
Fruits and Vegetables  
Milk

### Thursday

Chicken Parmesan Pasta **6**  
Roasted Cauliflower  
Garlic Bread  
Fruits and Vegetables  
Milk

### Friday

Cheese Pizza **7**  
Pepperoni Pizza  
Buffalo Chicken  
Homemade Dessert  
Fruits and Vegetables  
Milk

Sticky Chicken **10**  
Brown Rice  
Steamed Broccoli  
Fruits and Vegetables  
Milk

Beef Stew **11**  
Roasted Butternut Squash  
Homemade Cheddar Biscuit  
Fruits and Vegetables  
Milk

Turkey Rueben Wrap **12**  
Sauerkraut / 1,000 Island Dressing  
Pasta Salad  
Fruits and Vegetables  
Milk

Grilled Cheese Sandwich **13**  
Tomato Soup  
Crispy Chickpeas  
Fruits and Vegetables  
Milk

Cheese Pizza **14**  
Pepperoni Pizza  
Buffalo Chicken  
Homemade Dessert  
Fruits and Vegetables  
Milk

NO SCHOOL **17**

*Winter Break*

NO SCHOOL **18**

*Winter Break*

NO SCHOOL **19**

*Winter Break*

NO SCHOOL **20**

*Winter Break*

NO SCHOOL **21**

*Winter Break*

Italian Dunkers **24**  
Marinara Sauce  
Green Beans  
Fruits and Vegetables  
Milk

**National Pancake Day** **25**  
Pancakes / Local Maple Syrup  
Sausage  
Yogurt / Granola / Berries  
Fruits and Vegetables  
Milk

Chicken Fajitas **26**  
Brown Rice / Corn  
Guacamole / Lime Wedges  
Fruits and Vegetables  
Milk

Hamburger / Cheeseburger **27**  
Baked Beans  
Homemade Kale Chips  
Fruits and Vegetables  
Milk

Cheese Pizza **28**  
Pepperoni Pizza  
Buffalo Chicken  
Homemade Dessert  
Fruits and Vegetables  
Milk



Plattsburgh City School District encourages all students to select a complete meal containing all 5 food components at lunch. Students must select at least 3 food components, with one of the food components being at least ½ cup of fruit or vegetable to constitute a reimbursable meal.

Alternate lunch choices are PB&J or Egg Salad Sandwich. All students eat free meals! If you have a food allergy, please notify us.