



**Staples High School: FEBRUARY 2017**

Monday-30	Tuesday-31	Wednesday-1	Thursday-2	Friday-3
-----------	------------	-------------	------------	----------

**BREAKFAST**

Breakfast Burrito	Build Your Own Omelet	Top Your Own Pancakes	Breakfast Pizza	Breakfast Panini
-------------------	-----------------------	-----------------------	-----------------	------------------

**CREATE**

Baked Ziti with Garlic Bread	Taco Tuesday	Chicken Parmesan	Asian Noodle Bowl	SUPER BOWL CELEBRATION
------------------------------	--------------	------------------	-------------------	------------------------

**GRILL'D**

Crispy Chicken Ranchero Wrap	Build Your Own Burger Bar	Meatball Parm Hoagie	Build Your Own Burger Bar	Buffalo Chicken Wings
------------------------------	---------------------------	----------------------	---------------------------	-----------------------

**Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily**

**2MATO**

Margherita Pizza	Cheeseburger Pizza	Sausage Pizza	Meatball Pizza	Sausage & Cheese Calzone
------------------	--------------------	---------------	----------------	--------------------------

**Cheese and Pepperoni Pizza Daily**

**PANINI**

Sausage and Pepper Grinder	Chicken, Bacon Ranch Panini	Pastrami Reuben Panini	BBQ Chicken Panini	Turkey and Swiss Panini
----------------------------	-----------------------------	------------------------	--------------------	-------------------------

**ON THE GO SALADS & SANDWICHES**

Chicken Salad Club Wrap
Bruschetta Salad

**SO DELI**

**Made to Order Sandwiches with Your Choice of Boar's Head Meats, Cheeses, Toppings & Bread**

**ON THE GO SNACK BAR**

Made to Order Sushi	Build Your Own Italian Bar-By The Ounce International Theme Changes Weekly!
---------------------	--

**MONTHLY FOOD FOCUS:** February's Food Focus is Herbs and Spices! Unlike herbs, spices like cinnamon and turmeric root are grown in tropical climates. They also preserve foods and can work as medicine, turmeric has anti-inflammatory and anti-fungal properties. Colorful dried spices like turmeric, cinnamon, nutmeg, and paprika make AWESOME homemade "paints" when you add water. Make a pretty picture and it will smell good, too!



**Have Questions?**

Deborah Vancoughnett  
Director of Dining Services  
(203) 341-2431



**Staples High School: FEBRUARY 2017**

Monday-6	Tuesday-7	Wednesday-8	Thursday-9	Friday-10
----------	-----------	-------------	------------	-----------

**BREAKFAST**

French Toast	Build Your Own Omelet	Top Your Own Pancakes	Breakfast Pizza	Breakfast Panini
--------------	-----------------------	-----------------------	-----------------	------------------

**CREATE**

Make Your Own Burrito	Macaroni and Cheese Bar	Chicken and Cheddar Nachos	Fettucine Carbonara	Chicken and Waffles
-----------------------	-------------------------	----------------------------	---------------------	---------------------

**GRILL'D**

Crispy Chicken Ranchero	Build Your Own Burger Bar	Chicken Parmesan Grinder	Build Your Own Burger Bar	Buffalo Chicken Wings
-------------------------	---------------------------	--------------------------	---------------------------	-----------------------

**Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily**

**2MATO**

Sausage Pizza	Philly Cheese Pizza	Meatball Pizza	Buffalo Chicken Pizza	Spinach and Cheese Calzone
---------------	---------------------	----------------	-----------------------	----------------------------

**Cheese and Pepperoni Pizza Daily**

**PANINI**

Fajita Chicken Panini	Roasted Vegetable Panini	Meatball Hoagie	Buffalo Chicken Ranch Panini	Turkey and Swiss
-----------------------	--------------------------	-----------------	------------------------------	------------------

**ON THE GO SALADS & SANDWICHES**

Cheddar and Roast Beef Baguette
Hummus and Veggie Salad

**SO DELI**

**Made to Order Sandwiches with Your Choice of Boar's Head Meats, Cheeses, Toppings & Bread**

**ON THE GO SNACK BAR**

Build Your Own Mexican Bar-By The Ounce International Theme Changes Weekly!
--

**MONTHLY FOOD FOCUS:** February's Food Focus is Herbs and Spices! Unlike herbs, spices like cinnamon and turmeric root are grown in tropical climates. They also preserve foods and can work as medicine, turmeric has anti-inflammatory and anti-fungal properties. Colorful dried spices like turmeric, cinnamon, nutmeg, and paprika make AWESOME homemade "paints" when you add water. Make a pretty picture and it will smell good, too!



**Have Questions?**

Deborah Vancoughnett  
Director of Dining Services  
(203) 341-2431



**Staples High School: FEBRUARY 2017**

Monday-13	Tuesday-14	Wednesday-15	Thursday-16	Friday-17
-----------	------------	--------------	-------------	-----------

**BREAKFAST**

Sausage Egg and Cheese	Build Your Own Omelet	Top Your Own Pancakes	Breakfast Pizza	Staff Development
------------------------	-----------------------	-----------------------	-----------------	-------------------

**CREATE**

General Tso Chicken	Build Your own Pasta Bar	Sizzling Fajita Bar	Asian Noodle Bowl	Staff Development
---------------------	--------------------------	---------------------	-------------------	-------------------

**GRILL'D**

Crispy BBQ Chicken Wrap	Burger Bar	Meatball Grinders	Burger Bar	Staff Development
-------------------------	------------	-------------------	------------	-------------------

**Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily**

**2MATO**

Meatball Pizza	Philly Cheesesteak Pizza	Sausage Pizza	Buffalo Chicken Pizza	Staff Development
----------------	--------------------------	---------------	-----------------------	-------------------

**Cheese and Pepperoni Pizza Daily**

**PANINI**

Chicken BLT Panini	Roasted Vegetable Panini	Chicken Parmesan	Honey Mustard Cheddar Panini	Staff Development
--------------------	--------------------------	------------------	------------------------------	-------------------

**ON THE GO SALADS & SANDWICHES**

Roast Beef and Cheddar Wrap	Roast Beef and Cheddar Wrap	Roast Beef and Cheddar Wrap	Roast Beef and Cheddar Wrap	Staff Development
Hummus and Veggies	Hummus and Veggies	Hummus and Veggies	Hummus and Veggies	

**SO DELI**

**Made to Order Sandwiches with Your Choice of Boar's Head Meats, Cheeses, Toppings & Bread**

**ON THE GO SNACK BAR**

Asian Bar by the Ounce-International Theme Changes Weekly!

Made to Order Sushi

**MONTHLY FOOD FOCUS:** February's Food Focus is Herbs and Spices! Unlike herbs, spices like cinnamon and turmeric root are grown in tropical climates. They also preserve foods and can work as medicine, turmeric has anti-inflammatory and anti-fungal properties. Colorful dried spices like turmeric, cinnamon, nutmeg, and paprika make AWESOME homemade "paints" when you add water. Make a pretty picture and it will smell good, too!



**Have Questions?**

Deborah Vancoughnett  
 Director of Dining Services  
 (203) 341-2431



**Staples High School: FEBRUARY 2017**

Monday-20	Tuesday-21	Wednesday-22	Thursday-23	Friday-24
BREAKFAST				

Closed for February Vacation

**CREATE**

Closed for February Vacation

**GRILL'D**

Closed for February Vacation

**2MATO**

Closed for February Vacation

**PANINI**

Closed for February Vacation

**ON THE GO SALADS & SANDWICHES**

**SO DELI**

**Made to Order Sandwiches with Your Choice of Boar's Head Meats, Cheeses, Toppings & Bread**

**ON THE GO SNACK BAR**

Build Your Own Mexican Bar-By The Ounce  
International Theme Changes Weekly!

**MONTHLY FOOD FOCUS**

**MONTHLY FOOD FOCUS:** February's Food Focus is Herbs and Spices! Unlike herbs, spices like cinnamon and turmeric root are grown in tropical climates. They also preserve foods and can work as medicine, turmeric has anti-inflammatory and anti-fungal properties. Colorful dried spices like turmeric, cinnamon, nutmeg, and paprika make AWESOME homemade "paints" when you add water. Make a pretty picture and it will smell good, too!



**Have Questions?**

**Deborah Vancoughnett**  
Director of Dining Services  
(203) 341-2431





**Staples High School: FEBRUARY 2017**

Monday-27	Tuesday-28	Wednesday-1	Thursday-2	Friday-3
<b>BREAKFAST</b>				
Breakfast Burrito	Build Your Own Omelet	Top Your Own Pancakes	Breakfast Pizza	Breakfast Panini
<b>CREATE</b>				
Build Your Own Pasta Bar	TACO TUESDAY	Chicken and Waffles	Baked Ziti with Meat sauce	General Tso Chicken
<b>GRILL'D</b>				
Crispy Chicken Ranchero	Build Your Own Burger Bar	Crispy Buffalo Chicken Sandwich	Build Your Own Burger Bar	Buffalo Chicken Wings
<b>Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily</b>				
<b>2MATO</b>				
Margherita Pizza	Cheeseburger Pizza	Chicken Fajita Pizza	Cheeseburger Pizza	Spinach and Cheese Calzone
<b>Cheese and Pepperoni Pizza Daily</b>				
<b>PANINI</b>				
Sausage and Pepper Grinder	Chicken Bacon Ranch Panini	Pastrami Reuben Panini	BBQ Chicken Panini	Sausage and Cheese Calzone
<b>ON THE GO SALADS &amp; SANDWICHES</b>				
Buffalo Chicken Salad Wrap				
Fresh Mozzarella Garden Salad				
<b>SO DELI</b>				
<b>Made to Order Sandwiches with Your Choice of Boar's Head Meats, Cheeses, Toppings &amp; Bread</b>				
<b>ON THE GO SNACK BAR</b>				
<b>Made to Order Sushi</b>	Build Your Own Asian Bar-By The Ounce			

**MONTHLY FOOD FOCUS:** February's Food Focus is Herbs and Spices! Unlike herbs, spices like cinnamon and turmeric root are grown in tropical climates. They also preserve foods and can work as medicine, turmeric has anti-inflammatory and anti-fungal properties. Colorful dried spices like turmeric, cinnamon, nutmeg, and paprika make AWESOME homemade "paints" when you add water. Make a pretty picture and it will smell good, too!



**Have Questions?**

Deborah Vancoughnett  
 Director of Dining Services  
 (203) 341-2431