

**Warwick  
High  
School  
Menu**

Menus for  
**February  
2019**

This institution is an equal opportunity provider.  
Menus are subject to change.

**AVAILABLE DAILY**

**All meals include (2) fruits, veggie & milk  
Milk is the only beverage include w/meals**

*Meals include choice of Fat free flavored,  
Fat free white or 1% white*

**\$2.75 Sandwich bar w/(2) fruits, veggie & milk**  
Choices: Italian, turkey, ham n' cheese subs,  
Veggieburger

**\$2.75 Pizza Meal Deal w/(2) fruits, veggie & milk**

**\$2.75 Wraps w/veggie, (2) fruits and milk**  
Choices: Veggie, turkey, ham, spicy chicken,  
Buffalo, Asian and BBQ chicken

**\$2.75 Salad w/(2) fruits and milk**  
Choices: Southwest, Chopped Ribbon Chef, Vegan,  
Caesar, Grilled Chicken and Orange salad

Hummus salad, yogurt, whole grain cheez its, muffin,  
bed of mixed greens with baby carrots

**\$3.50 Warrior:** Entrée' w/bag of Herr's chips,  
(2) fruits, veggie and milk

*Assorted fruit basket may include:*

*Applesauce, peaches, pears, apricots, raisins,  
strawberries, pineapples, mixed fruit, bananas, grapes,  
apples, raisins and 100% fruit juice slushy*



**Word of the Month**  
pa·tri·ot·ism

- n. 1. love of one's country and willingness to sacrifice for it
2. loyalty, faithfulness, allegiance, and devotion to one's nation

**HEY KIDS (& PARENTS)!**

**Breakfast daily \$1.50**

*Offered throughout the week:*

Benefit bars, sausage/egg/cheese roll,  
Breakfast pizza, muffins, cereal, cini mini's, donut holes  
**Friday:** Funnel cakes



**NUTRITION TO GO**

**Think salad is always healthy? The dressing on some restaurant salads may add hundreds of calories and 20 grams of fat to a meal! So try to ask for the dressing on the side when you eat out, choose oil-and-vinegar style over creamier dressings, and consider lower-fat dressing when buying by the bottle.**

**A QUICK BITE FOR TEENS**

**Pay for meals on-line at  
EZSchoolPay.com!**

Friday, Feb. 1
#1 Cheesesteak on roll
#3 Warrior: <b>SUBWAY FRIDAY</b> Variety of subs with bag of Herr's chips
Roasted Cauliflower

Monday, Feb. 4	Tuesday, Feb. 5	Wednesday, Feb. 6	Thursday, Feb. 7	Friday, Feb. 8
#1 Popcorn Chicken w/dinner roll	#1 Big Daddy's Pizza	#1 Chicken fries w/dinner roll	#1 & #2 Turkey Mashed potato Bowl with biscuit	#1 Cheeseburger w/ French fries
#3 Warrior Sampler: Breaded Mozzarella sticks, breaded mini ravioli, onion rings	#3 Warrior: Sriracha boneless chicken wing sandwich w/chips	#3 Warrior: Bacon cheeseburger w/chips	#3 Warrior: Buffalo Chicken Pizza w/chips	#3 Warrior: Create your own Burrito bowl w/ bag of scoops
Broccoli	Roasted Brussel Sprouts	California blend	Corn and Cookie	Fiesta beans and Southwest Rice

**EZSchoolPay.com**

**SIMPLE, SAFE & SECURE BREAKFAST**

\$1.50  
Reduced  
\$0.00

**LUNCH**

\$2.75  
Warrior \$3.50  
\$4.00 Reduced

# ★ OUR NATION'S HISTORY ★

**B**efore there was Presidents' Day, there were two such days in February – the birthdays of two of our greatest Presidents, Abraham Lincoln (February 12) and George Washington (February 22), both fall during this month.



Many states and towns celebrated one or the other or both of these days from the time Washington's birthday was made a national holiday in 1885, until the two days were finally combined into a single day honoring both men in the 1970's. Today, the holiday is usually seen as celebrating all U.S. Presidents in general, not only Lincoln and Washington.

★ WITH LIBERTY & JUSTICE FOR ALL ★

Monday, Feb. 11

- #1 Ham n' cheese on pretzel roll w/tomato soup
- #2 Pizza stix w/dipping sauce
- #3 Warrior: Hot n' spicy chicken sandwich w/chips
- Roasted cauliflower

Tuesday, Feb. 12

- #1 Walking Taco w/roll, fixin's bar
- #3 Warrior: Chicken tenders w/roll, w/French fries **NO CHIPS**
- Vegetarian chili

Wednesday, Feb. 13

- #1 Chicken nuggets, whipped potatoes and dinner roll
- #2 Tangerine Chicken w/rice and Asian veggies
- #3 Warrior: Fish Po'boy sandwich w/chips
- Broccoli, cookie

Thursday, Feb. 14

- #1 Popcorn chicken w/ dinner roll
  - #2 Three cheese calzone
  - #3 Warrior: Buffalo Chicken Pizza w/chips
  - Steamed peas
-  **Happy Valentine's Day**

Friday, Feb. 15

- #1 Pork BBQ on roll
- #3 Warrior: **SUBWAY FRIDAY** Variety of subs with bag of Herr's chips
- Corn
- SNOW MAKE-UP DAY**

Monday, Feb. 18

## Presidents' Day



**No School Today**

Tuesday, Feb. 19

- #1 French toast stix w/sausage and potato
- #3 Warrior: Sriracha boneless chicken wing sandwich w/chips
- Carrot sticks

Wednesday, Feb. 20

- #1 Chicken burger w/ a side of Mac n' cheese
- #3 Warrior: Buffalo Chicken Pizza w/chips
- Peas and carrots

Thursday, Feb. 21

- #1 Turkey Mashed Potato Bowl w/ biscuit
- #3 Warrior: Pepper jack Enchiladas w/ rice
- Corn

Friday, Feb. 22

- #1 Big Daddy's Pizza
- #3 Warrior: Create your own Burrito Bowl w/bag of scoops
- Fiesta beans and Southwest Rice

Monday, Feb. 25

- #1 Pepperoni cheezy breadsticks
- #2 Pasta bar with two dinner rolls
- #3 Warrior: Hot n' spicy Chicken sandwich w/ chips
- Green beans

Tuesday, Feb. 26

- #1 Ham n' cheese on Pretzel roll w/ Tomato soup
- #2 Caprese sandwich: (mozzarella cheese, basil pesto, tomato on ciabatta bread)
- #3 Warrior: Buffalo Chicken Pizza w/chips
- Corn, Cookie

Wednesday, Feb. 27

- #1 Walking Taco w/roll and fixin's
- #3 Warrior: Buffalo chicken sandwich with boom boom sauce and bag of chips
- Baked beans

Thursday, Feb. 28

- #1 Pizza
- #2 General Tso Chicken w/Asian veggies, brown rice and dinner roll
- #3 Warrior: Homemade Italian Stromboli
- Broccoli

Friday, March 1

- #1 Cheesesteak on roll
- #3 Warrior: **SUBWAY FRIDAY** Variety of subs with bag of Herr's chips
- Roasted Cauliflower

### Ezschoolpay allows you to do the following:

**Review transaction history**– history will reveal your child's lunch choices and how much money was spent.

**Check account balances**– Balances typically update within 10 minutes.

**Receive low account balance alerts**– Parents have the freedom to determine at what balance they want to receive email notification.

**Make payments- \$ 3.00 fee**

**Register today-it's easy and free!** Go to [www.ezschoolpay.com](http://www.ezschoolpay.com) and click "Register" Once logged in, you can associate your children using their name and school ID number.

**HAVE CONFIDENCE KNOWING YOUR CHILD HAS LUNCH MONEY EVERYDAY!**