

February 2019

Type Your School Name Here

LUNCH



School Information: Type your school information here.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Pancakes, Sausage,
Dragon Juice, Tri-Tater,
Peaches & Milk

4

Tuesday

Tomato Soup, Toasted
Cheese Sandwich, Carrots
with Ranch, Mixed Fruit
& Milk

5

Wednesday

Au Gratin Potatoes with
Ham, Corn, Breadstick,
Applesauce & Milk

6

Thursday

BBQ Redi Rib on a
Bun, French Fries, Green
Beans, Pears & Milk

7

Friday

Bosco Sticks with
Marinara, Peas, Pears
& Milk

1

Pizza Cruncher,
Carrots with Ranch,
Cottage Cheese, Mandarin
Oranges & Milk

8

Meatball Sub Sandwich,
French Fries, Corn,
Peaches & Milk

11

BBQ Pulled Pork
Sandwich, Sunchips, Baked
Beans, Mixed Fruit & Milk

12

Nacho Supreme, Salsa,
Sour Cream, Lettuce,
Pineapple, Pumpkin Bar
& Milk

13

Chicken Nuggets,
Macaroni & Cheese,
Peas, Pears & Milk

14

NO SCHOOL

15

NO SCHOOL

18

Hot Ham & Cheese
Sandwich, French Fries,
Green Beans, Mixed Fruit
& Milk

19

Chicken Alfredo,
Garlic Bread, Peas,
Pears & Milk

20

Salisbury Steak,
Mashed Potatoes, Gravy,
Roll, Corn, Applesauce
& Milk

21

Corndog, Cheez-its,
Carrots with Ranch,
Pineapple & Milk

22

Turkey & Bacon Wrap,
Lettuce, Mixed Fruit,
Sunchips & Milk

25

Chicken Tetrazzini,
Bread & Butter, Green
Beans, Applesauce & Milk

26

Tenderloin on a Bun,
Tri-Tater, Peas, Peaches,
& Milk

27

Poppin' Chicken Bowl,
Corn, Gravy, Roll,
Pears & Milk

28

