

Monday	Tuesday	Wednesday	Thursday	Friday
1/28/19	1/29/19	2/1/19	2/2/19	2/3/19

2/4/19	2/5/19	2/6/19	2/7/19	2/8/19
Corn Dog with a whole grain roll or Italian Meatballs & Cheese On a wg Roll	Chicken Alfredo over Penne with Whole Grain Roll or Nacho Grande Tortilla Chips	Chicken Parm Sandwich On a wg Bun (chicken Patty) or Sausage Egg Cheese On a wg Biscuit	Cheeseburger on a Whole Grain Bun or Hot Ham & Cheese on a Pretzel Roll	Chicken gravy Over a wg Biscuit or Cheesy Pizza
Featured Veggies: Curly Fries Hot Carrots Choice of Fruit Choice of Milk	Featured Veggies: Lettuce & Tomato Veg Beans Choice of Fruit Choice of Milk	Featured Veggies: Potato Triangles Cucumber Salad Choice of Fruit Choice of Milk	Featured Veggies: Baked Potato Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Carrot Sticks Steamed Corn Choice of Fruit Choice of Milk

Weekly Featured Wrap Chicken Bacon Ranch

2/11/19	2/12/19	2/13/19	2/14/19	2/15/19
Mac and Cheese with Whole Grain Roll or Sloppy Joe's On a wg Bun	Chicken Nuggets with Whole Grain Roll or Nacho Grande Tortilla Chips	Ravioli with Texas Toast or BBQ Ribby on wg Roll	Corn Dog with a whole grain roll or Toasted Cheese	No School
Featured Veggies: Red Pepper Strips Oven Fries Choice of Fruit Choice of Milk	Featured Veggies: Refried Beans Corn Salsa Choice of Fruit Choice of Milk	Featured Veggies: Green Beans Fresh Carrots Choice of Fruit Choice of Milk	Featured Veggies: Tomato Soup Fresh Broccoli Choice of Fruit Choice of Milk	

Weekly Featured Wrap Turkey Bacon Cheddar

2/18/19	2/19/19	2/20/19	2/21/19	2/22/19
No School	French Toast Sticks with sausage patties or Nachos Grande	Cheese burger On a wg Roll or Mac and Cheese with Whole Grain Roll	Hot Dogs on a wg roll or Italian Meatballs & Cheese on wg Roll	Pierogies or Pizza Sticks
	Featured Veggies: Potato Triangle Italian Salad Choice of Fruit Choice of Milk	Featured Veggies: Stewed Tomatoes Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Cucumber Slices Corn Choice of Fruit Choice of Milk	Featured Veggies: Carrot Sticks Green Beans Choice of Fruit Choice of Milk

Weekly Featured Wrap Tuna and Cheese

2/25/19	2/26/19	2/27/19	2/28/19	3/1/19
Popcorn Chicken over brown rice or Pork BBQ On a wg Bun	Chicken Quesadilla or Nachos Grande On a wg Bun	Corn Dog with Whole Grain Roll or Ziti & Meatballs with Whole Grain Roll	Hot Ham and Cheese on Pretzel Roll or Cheeseburger on a wg Roll	BBQ Ribby On a wg Roll or Cheesy Pizza
Featured Veggies: Steamed Broccoli Cucumber Salad Choice of Fruit Choice of Milk	Featured Veggies: Steamed Corn Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Hot Carrots Fresh Broccoli Choice of Fruit Choice of Milk	Featured Veggies: Curly Fries Fresh Broccoli Choice of Fruit Choice of Milk	Featured Veggies: Carrot Sticks Green Beans Choice of Fruit Choice of Milk

Weekly Featured Wrap Chicken Caesar

What is a Meal?
 You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

Meat or meat alternate
 Choice of Vegetable
 Choice of Fruit
 Grain/Bread
 Choice of Milk - 1% white, chocolate, vanilla and strawberry

Weekly Vegetable Subgroups May Include:
 Dark Green - spinach, broccoli, romaine and spring salad
 Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
 Legumes - beans and peas
 Starchy White - potatoes, corn, peas and lima beans
 Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections May Include:
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

Leave Your Lunch at Home
 Daily entrée options may include:
 Daily entrée options may include:
 Garden Salad with Whole Wheat Roll
 Ham & Cheese or Turkey & Cheese Sandwich

Please take a look at the Wraps that we will be making this month.
 These will be in addition to the sandwich and salad option. **During Lent we will have Tuna Fish Sandwiches and Wraps on Fridays instead of Ham or Turkey**



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