

FEBRUARY 2019

ELEMENTARY SCHOOL

ALTERNATE LUNCH AVAILABLE DAILY: Salad Plate with any 2 Proteins (1 oz. Meat, 1 oz. Cheese or 4 oz. Yogurt) Low Fat Milk or Fat Free Milk Included with all Meals

Lunch

Monday

Tuesday

Wednesday

Thursday

Friday



4
Mozzarella Sticks
w/Marinara Sauce
Corn Muffin
Caesar Salad
Celery Cups w/ Ranch Dressing
Granny Smith Apple

5
Chinese New Year
General Tso Chicken
Over Brown Rice
Steamed Oriental Veggies
Grape Tomato Cups
Fruit Cocktail Cups

6
WG Hamburger on Whole Wheat Bun
Baked Sweet Potato Tots
Steamed Green Beans
Cucumber Cups
Diced Peaches

7
WG Chicken Nuggets
Baked French Fries
Steamed Broccoli
Dinner Roll
Carrot Sticks
Fresh Apple Slices

1
WG Cheese or Veggie
Pizza
Caesar Salad
Carrot Sticks
Mac Apple

8
Sal's Pizza
Cheese or Pepperoni
Garden Toss Salad
Cauliflower Cups
Diced Pears

11
WG PASTA w/Meat Sauce
WG Breadsticks
Leafy Green Salad
Fresh Mac Apple

12
WG Chicken Drumsticks
Mashed Potatoes
Steamed Carrots
Dinner Roll
Diced Peaches

13
Grilled WG Beef Hot Dog
Wrapped in a WG Breadstick
Baked Beans
Cauliflower Cups
Fresh Oranges

14
Chicken Patty on a WG Bun
w/ Lettuce, Tomato
Baked French Fries
Broccoli Cups
Granny Smith Apple

15
WG Cheese or Veggie Pizza
Spinach Salad
Cucumber Cups
Side Kicks

18
PRESIDENT'S DAY
NO SCHOOL

19
NO SCHOOL

20
NO SCHOOL

21
WG Popcorn Chicken
Baked Sweet Potato Fries
Steamed Broccoli
Garlic Toast
Cucumber Cups
Fresh Oranges

22
Sal's Pizza
Cheese or Pepperoni
Caesar Salad
Red Pepper Cups
Fresh Pear

25
WG Chicken Tenders
Baked Potato Smiles
Honey Wheat Biscuit Baked
Steamed Green Beans
Applesauce Cups

26
Nachos
Seasoned Beef W/Tomatoes,
Lettuce, Salsa, Melted
Cheese Over WG Nacho Chips
Carrot Sticks w/hummus
Fresh Oranges

27
Baked Mac & Cheese
Garlic Knots
Steamed Broccoli
Caesar Salad
Fresh Pear

28
National Chili Day
Chili served in a
Cornbread Bowl
Shredded Cheese
Sour Cream
Celery Sticks
Mac Apple



Full Price \$2.70
Reduce Price \$.40

*This institution is an equal opportunity provider

Hummus is offered daily
All Meals include a 1/2 cup of fruit and 3/4 cup of vegetables

American frontier settlers used a "chili" recipe of dried beef, suet, dried chili peppers and salt, which was all pounded together, formed into bricks and dried. The bricks could then be boiled in pots on the trails.

Breakfast is @ 8:30 Stop by For Healthy Choices