

February 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breakfast Day! Ham And cheese Croissants with spinach frittata and vanilla yogurt.	2 Cheese burgers And baked crinkle fries Fresh veggies.	3 Pizza Day! Whole wheat dough Meatball, bacon or cheese With fresh veggies.
6 Pasta Day! Chicken alfredo with tomatoes and broccoli, warm wheat rolls.	7 Taco Day! Shredded chicken, brown rice, black beans, cheddar cheese, lettuce, salsa, and sour cream wheat soft shells. Tortilla chips.	8 Breakfast Day! Jumbo Cinnamon rolls, cheesy eggs, sausage links.	9 Greek chicken Kabobs Chicken, zucchini, onion and peppers. <i>170 Cal, 9g Fat, 6g Carb, 15g Protein</i> Tatziki sauce <i>70 cal, 4g fat, 4g carb, 4g pro</i> With herbed cous cous <i>150 Cal, 1g Fat, 30g Carb, 5g Protein</i>	10 Pizza Day! Whole Wheat dough Meatball, Bacon, or cheese with fresh Veggies.
13 Pasta Day! Oriental Noodle bowl With chicken, Chinese cabbage, shredded carrots and light soy broth.	14 Chicken Flautas With cheddar cheese served over <i>280 Cal, 16g Fat, 22g Carb, 12g Protein</i> Spanish quinoa. <i>155 Cal, 3g Fat, 26g Carb, 6g Protein</i>	15 Breakfast Day! Bacon egg and cheese sandwiches with hash browns.	16 BBQ Chicken Wings With mac and cheese and fresh veggies.	17 NO SCHOOL
20 NO SCHOOL	21 Nacho Day! Seasoned ground beef, cheddar cheese sauce, salsa, lettuce and black beans. Build your own!	22 Breakfast Day! Pancakes, Eggs, hash browns, and sliced ham.	23 Italian Sub Sandwich Ham, salami, provolone, lettuce tomato, mayo, and Italian dressing. <i>390 cal, 16g fat, 42g carb, 20g pro</i> Served with a side of pasta salad. <i>200 cal, 16g fat, 15g carb, 3g pro</i>	24 Pizza Day! Whole wheat dough Meatball, bacon, or cheese with fresh veggies.
27 Pasta Day! Creamy Pesto Rigatoni With chicken and tomatoes. <i>285 cal, 19g Fat, 33g Carb, 10g Pro</i> Warm multigrain bread. <i>120 Cal, 2g Fat, 20g Carb, 5g Protein</i>	28 Quesadillas Chicken or cheese with Spanish rice.			

\$4.75 Lunch Includes:

Hot Entrée OR Fresh Carved Sandwich

All lunches also include choice of fresh salad, fruit bar or soup of the day

White Milk OR 8oz Bottled Water

A La Carte Items Chef Salad \$3.95 | Plain Salad \$3 | Soup Cup \$1.50
Yogurt Parfait \$3 | Fruit Cup \$1.50 | Whole Fruit \$.50 | Veggie Cup \$1.50
Turkey or Ham and Cheese Wraps \$3.25 | chocolate chip cookie \$.50 | Izze \$2.00 |