

February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pizza Day! 300 Cal, 12g Fat, 31g Carb, 16g Pro (cheese/meatball) 230 Cal, 6g Fat, 31g Carb, 10g Pro (cheese/veggie) 210 Cal, 6g Fat, 29g Carb, 10g Pro (cheese only) CARROT STICKS. 35 Cal, 0g Fat, 8g Carb, 1g Pro.
4 Penne And Meatballs whole grain penne pasta with marinara 100 Cal, 3g Fat, 15g Carb, 3g Pro Hand rolled meatballs 210 cal, 10g fat, 9g carb, 21g protein Whole grain garlic bread 120 Cal, 2g Fat, 20g Carb, 5g Pro Fresh steamed veggies 30 Cal, 0g Fat, 6g Carb, 2g Pro	5 Taco Day Whole wheat wrap 50 cal, 2g fat, 8g carb, 1 g pro Shredded chicken Cal,3g fat 0g carb 24 g pro Brown rice 130 cal, 1g fat, 28 carb 3 g pro Lettuce, salsa, sour cream, cheese 140 cal, 12g fat, 2g carb, 6g pro Black beans 80 cal, 2g fat, 13g carb, 3g pro	6 Breakfast Day 250 Cal, 14g Fat, 27g Carb, 4g Pro 170 Cal, 14g Fat, 1g Carb, 10g pro hash browns 75 Cal, 1g Fat, 15g Carb, 2g Protein	7 Student Choice	8 Pizza Day! Whole Wheat dough Meatball, Bacon, or cheese with fresh Veggies.
11 Creamy Pesto Rigatoni With chicken and tomatoes. 285 cal, 19g Fat, 33g Carb, 10g Pro Warm multigrain bread. 120 Cal, 2g Fat, 20g Carb, 5g Protein	12 Enchiladas Cal 350.0 fat 9.0g carbs 40.0g pro 27.0g brown rice 130 cal, 1g fat, 28 carb, 3g pro	13 Breakfast Day! Egg and cheese sandwiches with homefries and fresh fruit. 310 Cal, 25g Fat, 12g Carb, 9g Pro 75 Cal, 1g Fat, 15g Carb, 2g Protein	14 BBQ Chicken Wings With mac and cheese and fresh veggies. And warm cherry cobbler. Cal 70, fat 2g carbs 1g pro 11g Mac and cheese cal 170.3 fat 5.8g carbs 23.2g pro 6.2g cornbread cal 20 fay .66g carbs 2.96g pro .47g	15 NO SCHOOL
18 NO SCHOOL	19 Nacho Day! Nacho Day! carb, 3g pro 55 cal, 2g fat, 8g carb, 1 g pro Shredded chicken Cal,3g fat 0g carb 24 g pro Brown rice 130 cal, 1g fat, 28 carb 3 g pro Lettuce, salsa, sour cream, cheese 140 cal, 12g fat, 2g carb, 6g pro Black beans	20 Breakfast Day! 95 Cal, 4g Fat, 13g Carb, 2g Pro HOMEMADE BERRY SYRUP (2 tbsp) 100 Cal, 0g Fat, 25g Carb, 0g Pro SCRAMBLED EGGS 120 Cal, 8g Fat, 1g Carb, 11g Protein TURKEY SAUSAGE 45 cal, 3g fat, 0g carb, 4g pro	21 Student Choice Day!2 Chosen lunch is announced on Mondays.	22 Pizza Day! Whole wheat dough Cheese with fresh veggies. And mini cakes.
25 Pasta Bolognese Cal 300.0 fat 9.0g carbs 41.0g pro 12.0g Bread 120.0 cal 2g fat 20.0 carb 5g pro	26 Quesadillas Cheese: 280 Cal, 16g Fat, 22g Carb, 12g Protein Chicken: 250 Cal, 13g Fat, 20g Carb, 12g Protein Spanish rice with veggies. 130 Cal, 1g Fat, 28g Carb, 3g Pro 30 Cal, 0g Fat, 6g Carb, 2g Protein	27 Breakfast Day! muffin95 Cal, 4g Fat, 13g Carb, 2g Pro SCRAMBLED EGGS WITH CHEESE 185 Cal, 13g Fat, 1g Carb, 16g Pro TURKEY SAUSAGE. 45 cal, 3g fat, 0g carb, 4g pro s	284 BEEF STEW LOADED WITH VEGGIES AND POTATOES 450 Cal, 20g Fat, 42g Carb, 25g Pro WITH A WARM WHEAT ROLL. 120 Cal, 2g Fat, 20g Carb, 5g Pro	