

Lunch Menu – February 2019

Student Fees:

Lunch - \$

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Chicken & Waffles w/Steamed Carrots, Celery Sticks w Soy Butter or Buffalo Chicken Salad wrap w/ Cheddar Popcorn & Carrots or Muffin Munchable Meal Daily Fruit offering: Banana</p>	<p>5 Beef Ziti or Mozzarella Sticks w/Steamed Peas and Broccoli or Turkey & Cheese, Baby Carrots w/ Hummus and Goldfish or Garden Salad w/buffalo Chic salad, Tofu toppers Daily Fruit Offering: Apple Slices</p>	<p>6 Assorted Calzones w/ Garden Salad and Broccoli & Tomatoes or Chicken Caesar Wrap w/ Wheat Berry Vegetable Salad & Feta Carrots/FF Cool Ranch Doritos & Potato salad Daily Fruit offering: Diced Honeydew</p>	<p>7 Oven Roasted Chicken, Black eyed peas, Steamed Corn & WW Roll or Turkey Ham & Cheese w/ Cucumber and Goldfish or Veggie Pasta Salad w/Grilled Chicken/Tuna Toppers Daily Fruit offering: Fresh Pears</p>	<p>8 Orange Chicken, Brown Rice w/ Stir-fried Veg or Chicken or Tuna Caesar Salad w/ Garlic bread or Tuna Salad Sandwich w/Celery w/Soy Butter FF Doritos Daily Fruit offering: Fresh Fruit</p>
<p>11 Beef Nachos, Refried Beans w/ Steamed Broccoli or Buffalo Chicken Salad wrap w/ Cheddar Popcorn & Carrots or Muffin Munchable Meal Daily Fruit offering: Banana</p>	<p>12 Wings (Buffalo, Thai Chili or BBQ) Mac & Cheese w/Green Beans or Teriyaki Chicken wrap w/ Carrots and Goldfish or Asian Veggie Salad w/Grilled Chicken/Tofu Toppers Daily Fruit offering: apple slices</p>	<p>13 Meatball Sub w/baked Fries & Green Beans Or American Cold Cut Sub w/ RF Cool Ranch Doritos & Potato Salad Garden Salad w/ Feta cheese/Chef Toppers Daily Fruit offering: Diced Cantaloupe</p>	<p>14 Chicken tenders w/ Tator Tots and Glazed Carrots Or Roast Beef & Cheese, celery sticks & Goldfish or Garden Salad w/Grilled Chicken/Tuna Toppers& dinner roll Daily Fruit offering: Orange Wedges</p>	<p>15 Cheese Burger w/ Baked Beans & Green Beans Or Caesar Salad w/Chicken/Tuna Garlic bread or Turkey & Cheese Sandwich w/FF Doritos/Celery Sticks w/soy butter Daily Fruit offering: Assorted Fresh Fruit</p>
<p>18 <i>School Closed</i> <i>Presidents Day</i></p>	<p>19 Breaded Chicken Breast Sandwich w/Steamed Broccoli or Greek Chicken Salad wrap w/Hummus & Crackers and baby Carrots or Muffin Munchable Meal Daily Fruit offering: Banana</p>	<p>20 Pizza Day (Cheese, Hawaiian, Turkey Pepperoni) Zucchini w/Red Peppers Fresh Assorted Vegetables Bites or American Cold Cut Sub or Garden Salad Greek Chic Salad, Chef Toppers FF Cool Ranch Doritos or Potato Salad Daily Fruit offering: Pineapple Chunks</p>	<p>21 Beef Hot Dogs w/Peas & Carrots & Baked Beans or Turkey Ham & Cheese w/ Cucumber slices and Goldfish or Garden Salad w/Grilled Chicken/Turkey Bacon Toppers & roll Daily Fruit offering: Grapes</p>	<p>22 Chicken Cheesesteak w/ Baked Fries & Sauteed Spinach or Caesar Salad w/Chicken/Tuna Garlic bread or Roast Beef & Pepper Jack Cheese Sandwich w/FF Doritos/broccoli bites Daily Fruit offering: Assorted Fresh Fruit</p>
<p>25 Spaghetti w/meatballs Steamed Broccoli and Baby Carrot or Tuna Salad wrap w/ Cheddar Popcorn & Carrots or Muffin Munchable Meal Daily Fruit offering: Banana</p>	<p>26 General Tso's Chicken w/Brown Rice & Stir-fried Veg or Asian Veggie Salad w/teriyaki glazed Tofu Garlic bread or Teriyaki Chicken wrap, Celery sticks w/Hummus Daily Fruit offering: Apple Slices</p>	<p>27 Meatball Sub w/baked Fries & Green Beans or American Cold Cut Sub w/ RF Cool Ranch Doritos & Potato Salad Garden Salad w/ Feta cheese/Chef Toppers Daily Fruit offering: Fruit Medley</p>	<p>28 Chicken tenders w/ Tator Tots and Glazed Carrots or Roast Beef & Cheese, Cucumber Slices & Goldfish or Veggie Pasta Salad w/Grilled Chicken/Tuna Toppers Daily Fruit offering: Pears</p>	<p>1 Cheese Burger w/ Baked Beans & Green Beans or Chicken or Tuna Caesar Salad w/ Garlic bread Broccoli & Tomatoes Bites, Nacho Cheese Doritos Daily Fruit offering: Assorted Fresh Fruit</p>

