

Food Zone

2018-2019		February			Lunch Menu
Monday	Tuesday	Wednesday	Thursday	Friday	
				1 *Cheese Pizza Baked Fries Marinated Cucumber & Edamame Salad Applesauce Milk-1% or Flavored Fat Free, or Skim	
4 *Pineapple & Vegetable Teriyaki Chicken Stir Fry Brown Rice Fruit Milk-1% or Flavored Fat Free, or Skim	5 *Grilled Cheese & Tomato Soup Baked Fries Fruit Cup Milk-1% or Flavored Fat Free, or Skim	6 <u>*Breakfast for Lunch</u> Chicken and Waffles Roasted Potatoes Grapes Milk-1% or Flavored Fat Free, or Skim	7 Hamburger on Whole Grain Bun Baked Beans Buttered Broccoli Mandarin Oranges Milk-1% or Flavored Fat Free, or Skim	8 Cheese Pizza Baked Fries Buttered Green Beans Applesauce Milk-1% or Flavored Fat Free, or Skim	
11 Chicken Pot Pie w/navy beans and fresh vegetables Whole Grain Biscuit Fruit Milk-1% or Flavored Fat Free, or Skim	12 *Macaroni & Cheese Buttered Broccoli Tomato & Corn Salad Fruit Cup Milk-1% or Flavored Fat Free, or Skim	13 Sweet & Sour Chicken Fried Rice Asian Cabbage & Edamame Salad Grapes Milk-1% or Flavored Fat Free, or Skim	14 Meatball Sub on Whole Wheat Hoagie Sautéed Green Beans Mashed Cauliflower Potatoes Mandarin Oranges Milk-1% or Flavored Fat Free, or Skim	15 No School Professional Day	
18 No School President's Day	19 Walking Doritos Taco's served w/lettuce, tomato, & cheese Black Bean & Corn Salad Fruit Cup Milk-1% or Flavored Fat Free, or Skim	20 <u>*Breakfast for Lunch</u> Mini French Toast Sticks Turkey Sausage Roasted Potatoes Grapes Milk-1% or Flavored Fat Free, or Skim	21 Chicken Sandwich on Whole Wheat Bun Baked Beans Baby Carrots Mandarin Oranges Milk-1% or Flavored Fat Free, or Skim	22 *Cheese Pizza Baked Fries Celery Sticks Applesauce Milk-1% or Flavored Fat Free, or Skim	
25 Beef Chili w/Fresh Vegetables and Beans Sautéed Carrots Cornbread Fruit Milk-1% or Flavored Fat Free, or Skim	26 *Italian Baked Pasta and Meatballs Buttered Corn Fruit Cup Milk-1% or Flavored Fat Free, or Skim	27 Popcorn Chicken Bowl Mashed Potatoes w/Gravy Steamed Broccoli Dinner Roll Grapes Milk-1% or Flavored Fat Free, or Skim	28 Chicken Corn Dogs Veggie & Potato Casserole Mandarin Oranges Milk-1% or Flavored Fat Free, or Skim		
<u>2nd Entrée Option</u> *Grilled Cheese	<u>2nd Entrée Option</u> Cheeseburger	<u>2nd Entrée Option</u> Hot Dog	<u>2nd Entrée Option</u> Cheese Bosco Sticks	<u>2nd Entrée Option</u> Chicken Nuggets	

Daily Produce Bar available with purchase of school meal. Unlimited variety of fresh vegetable available.

Lunch \$3.00

Menu Subject to Change

Vegetarian options: WOW butter and Jelly sandwich, Veggie & Hummus Wrap, or Tossed Salad by request Call 216-295-4289 between 8:30am-9:30am

Sun Butter - A peanut butter substitute made from soy beans.

Lunch Includes: Entrée, Two Servings of Fruits or Vegetables, One Serving of Grain or Bread, One Low-Fat Milk

Low-Fat and Fat Free Milk Served Daily

Please discuss any food allergy issues concerning your child with the Food Service Director Amanda Schindley 216.295.4342

This institution is an equal opportunity provider.

