

FEBRUARY 2018 - LUNCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 FEB 1-2 OCT 16-20	4 oz. Pulled Chicken 1C Mixed Green Salad .5 oz Dressing 1/2C Baked Beans WG Bun 1/2C Fresh Fruit 8 oz. Milk	2 oz. Corn Dogs 2 oz. Brown Rice 3/4 cup Carrots 1/2C Fresh Fruit 8 oz. Milk	2 oz. Sloppy Joes, 1 oz. WW Bun 1 cup Oven Baked Potatoe Wedge 1C Mixed Green Salad .5 oz Dressing 1/2C Fresh Fruit 8 oz. Milk	Chili Hot Dog Lays Potato Chips 1/2 cup Carrots & Celery 1/2C Fresh Fruit 8 oz. Milk	3 oz. Crispy Fish Patty 1-cup Roasted Potatoes 1C Mixed Green Salad .5 oz Dressing WG Bread 1/2C Fresh Fruit 8 oz. Milk	
WEEK 2 FEB 5-9 OCT 23-27	2 oz. BBQ Chicken Legs 3/4c Sweet Potatoes 1ea 3/4C Corn on the Cob 1/2C Fresh Fruit 8 oz. Milk WG Bread	Beef Mac Bake 2 oz. Ground Beef .05 oz Mozzarella and .05 oz. Marinara 1 Cup Mixed Green Salad .5 oz Dressing 1/2C Fresh Fruit 8 oz. Milk WG Bread	Chicken Tacos 1 tortilla 1.5 of Diced Chicken, 1 oz. WG Mexican Rice w/.05 oz Black Beans 1 Cup Mixed Green Salad .5 oz Dressing 1/2C Fresh Fruit 8 oz. Milk	2 oz. Country Chicken Patty w/.05 oz Brown Gravy 4oz. White Beans 3/4 cup Green Beans 1/2C Fresh Fruit 8 oz. Milk WG Bread	Chicken Alfredo 2 oz. Diced Chicken 2oz. Noodle's with .05 oz of Alfredo Sauce 3/4 cup Peas with Pearl Onions 1- Cup Mixed Blend Green Salad 1- each WW Roll 1/2 cup Fresh Fruit, 8 oz Milk	
WEEK 3 FEB 12-16	3 oz. Salisbury Steak w/Brown Gravy 2 oz. Mac & Cheese 1C Mixed Green Salad .5 oz Dressing 1/2 cup Fresh Fruit 8 oz. Milk	Spaghetti with Meatballs 2-1oz. Meatball 2 oz. Spaghetti w/1oz. Marinara 1/2 cup Fresh Fruit 1C Mixed Green Salad .5 oz Dressing 8 oz. Milk WG Bread	Taco Salad 3 oz. Ground Turkey Meat , 1 oz Cheese Sauce 1 oz. Tortilla Chips, 2 oz. WG Spanish Rice 1 oz. Shredded Lettuce .05 oz. Tomato Salsa 1/2 cup Fresh Fruit 8 oz. Milk	Pizza Day 4 oz. Individual Cheese Pizza 1C Mixed Green Salad .5 oz Dressing 1/2 cup Fresh Fruit 8 oz. Milk WG Bread	3 oz. Crispy Fish Patty 1-cup Roasted Sweet Potatoes 1C Mixed Green Salad .5 oz Dressing 1/2 cup Fresh Fruit 8 oz. Milk WG Bread	
WEEK 4 FEB 20-23	NO SCHOOL	Chicken Patty 2 oz. Chicken 2oz. Broccoli & 2oz. WG Rice 1C Mixed Green Salad .5 oz Dressing 8 oz. Milk 1/2 cup Fresh Fruit	Crockpot Cheeseburger 2 oz. Crock Pot Cheese Burger WG Bun 1 Cup Mixed Green Salad .5 oz Dressing 1/2c Carrot Coins 1/2 cup Fresh Fruit 8 oz. Milk	4 oz. Pulled Chicken 3/4 cup California Veggie Blend 1 Cup Mixed Green Salad .5 oz Dressing 1/2 cup Fresh Fruit 8 oz. Milk WG Bread	Taco Salad 3 oz. Turkey Taco Salad (Cheese Sauce) 1 oz. Tortilla Chips, 2 oz. WG Spanish Rice 1 oz. Shredded Lettuce .05 oz. Tomato Salsa 1/2 cup Fresh Fruit 8 oz. Milk	
WEEK 5 FEB 26-28	Chicken Alfredo 2 oz. Diced Chicken 2oz. Noodle's with .05 oz of Alfredo Sauce 3/4 cup Peas with Pearl Onions 1C Mixed Green Salad .5 oz Dressing WG Bread 1/2 cup Fresh Fruit 8 oz. Milk	Hamburger Day 4 oz. Hamburger on the 1 oz. WG Bun 2 oz. Mac w/1 oz Cheese Sauce 1C Mixed Green Salad .5 oz Dressing 1/2 cup Mixed Fruit 8 oz. Milk	2 oz. Turkey Corn Dogs 1/4c. Baked Beans 3/4 cup Carrots 1/2 cup Fresh Fruit 8 oz. Milk WG Garlic Bread	3 oz. Salisbury Steak w/Brown Gravy 2 oz. Mac & Cheese 1C Mixed Green Salad .5 oz Dressing 1/2 cup Fresh Fruit 8 oz. Milk	2 oz. BBQ Chicken Legs 1/4c. Baked Bean 1 each 3/4 cup Corn on the Cob 1/2 cup Fresh Fruit 8 oz. Milk WG Garlic Bread	