

February 2019 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 taco salad (1oz grnd beef, ½ oz cheese, ¼ cup lettuce & cabbage) Peaches (1/4 c) Slice of wheat bread 1% milk (3/4c)
4 ham sandwiches (2 slices wg bread 1 ½ oz ham) peaches (1/4c) Cucumbers (1/4c) 1% milk (3/4c)	5 shoyu chicken (& 1.5 oz) Hapa rice (1/2 c) Peaches (1/4 c) Broccoli (1/4 c) 1% milk (3/4 c)	6- beef & bean chili (1/2 c) Hapa rice (1/2 c) pears (1/4 c) corn (1/4 c) 1% milk (3/4 c)	7 -hamburger cream of mush (1/2 c) Hapa rice (1/2 c) peaches (1/4 c) broccoli (1/4 c) 1% milk (3/4 c)	8 chicken nuggets (4 pieces) Hapa rice (1/2 c) applesauce (1/4 c) green beans (1/4 c) 1% milk (3/4 c)
11 grilled cheese sandwiches (2 sl wg bread & 1.5oz cheese) applesauce (1/4 c) carrots (1/4 c) 1% milk (3/4 c)	12 spaghetti (1/2 c pasta & 1/2c meat sauce) pears (1/4 c) corn (1/4 c) 1% milk (3/4 c)	13 beef & vegetable stew (1.5 oz beef) Hapa rice(1/2 c) Applesauce (1/4c) Mixed vegetables (1/4c) 1% milk (3/4c)	14 fish sticks (3 pieces) Hapa rice (1/2 c) Applesauce (1/4c) Corn (1/4c) 1% milk (3/4c)	15 sloppy joes (1/2 c meat sauce & bun) pears (1/4 c) broccoli (1/4 c) 1% milk (3/4 c)
18 Holiday No School	19 turkey sandwiches (2 slices wg bread 1 ½ oz ham) peaches (1/4c) cucumbers(1/4c) 1% milk (3/4c)	20 mac & cheese w/ turkey dogs (1/2c pasta 1.5 oz chopped turkey dogs) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)	21 chicken nuggets (4 pieces) Hapa rice (1/2 c) applesauce (1/4 c) green beans (1/4 c) 1% milk (3/4 c)	22 hamburger (2.25oz) on bun Pears (1/4c) corn (1/4c) 1% milk (3/4c)
25 -PB&J sandwiches (2sl. wg bread 1 ½ oz turkey) Pears (1/4c) Cucumbers (1/4c) 1% milk (3/4c)	26 pork & beans (1/2c) Hapa rice (1/2c) Peaches (1/4c) green beans (1/4c) 1% milk (3/4c)	27 salisbury steak& gravy (2.25oz) Hapa rice (1/2 c) Pears (1/4c) corn (1/4c) 1% milk (3/4c)	28 beef stroganoff (1/2c meat sauce 1/2c pasta) Applesauce (1/4c) broccoli (1/4c) 1% milk (3/4c)	

This menu is subject to change based upon the availability of products.
Rice is hapa ½ white ½ brown

AM snack: ½ cup oranges, ¼ cup cheerios & crackers
PM snack: ½ cup 1% milk, ¼ cup cheerios & crackers

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