



**A complete lunch MUST consist of at least 3 separate items offered that day, from at least 3 of the 5 food components. One of which MUST be fruit or veggie.**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. . \*\* USDA is an equal opportunity employer & provider \*\* \*\* Manager Reserves the right to substitute due to food availability \*\*



### Monday



### Tuesday



### Wednesday

### Thursday

### Friday

Meatloaf  
Or  
Turkey & Cheese Sandwich  
Roll  
Mashed Potatoes  
Green Beans  
Rainbow Applesauce

5

Chicken Sliders  
Or  
Ham & Cheese Sub  
Mixed Veggies  
French Fries  
Diced Peaches

6

Loaded Nachos  
Seasoned Meat & Tortilla Chips  
Or  
Grilled Cheese Sandwich  
Salsa  
Veggie Tray  
Melon

7

Pulled Pork BBQ w/roll  
Or  
Grilled Cheese  
Baked Potato  
Corn Cob  
Strawberry Yogurt Parfait

1

Hamburger on Bun  
Or  
Chicken Salad Sandwich  
Tater Tots  
Side Salad  
Pineapple

2

Chicken Parmesan  
Or  
Goldfish Turkey & Chz Sandwich  
Roll  
Green Beans  
Buttered Corn  
Mixed Fruit

12

Stuffed Crust Chz Pizza  
Or  
Grilled Cheese  
Corn Cob  
Tater Wedges  
Apples

13

Philly Cheese Steak Sub  
Or  
Ham & Cheese sub  
Pinto Beans  
Italian Veggies  
Fresh Fruit  
Valentine Treat

14

Pizza  
Or  
Chicken Salad Sandwich  
Tater Tots  
Side Salad  
Pineapple

8

Fish w/Hushpuppies  
Or  
Turkey & Cheese Sub  
Coleslaw  
Pinto Beans  
Baked Potato  
Mixed Fruit

9

Chili w/crackers  
Or  
Grilled Cheese  
Tater Tots  
Side Salad  
SideKick Fruit Slush

15

Frito Taco  
Or  
Turkey & Cheese Sub  
Salad  
Mexican Corn  
Orange

16

No  
School

19

Salisbury Steak w/Gravy  
Or  
Ham & Cheese Sandwich  
Pinto Beans  
California Veggies  
Cornbread  
Pears

20

Chicken Drumsticks  
Or  
Turkey & Cheese Sub  
Roll  
Baked Beans  
Veggie Tray  
Apples

21

Pulled Pork BBQ w/roll  
Or  
Grilled Cheese  
Baked Potato  
Corn Cob  
Strawberry Yogurt Parfait

22

Hamburger on Bun  
Or  
Chicken Salad Sandwich  
Tater Tots  
Side Salad  
Pineapple

23

Meatloaf  
Or  
Turkey & Cheese Sandwich  
Roll  
Mashed Potatoes  
Green Beans  
Rainbow Applesauce

26

Chicken Sliders  
Or  
Ham & Cheese Sub  
Mixed Veggies  
French Fries  
Diced Peaches

27

Loaded Nachos  
Seasoned Meat & Tortilla Chips  
Or  
Grilled Cheese Sandwich  
Salsa  
Veggie Tray  
Melon

28

