

LUNCH

Price w/milk included: \$2.75
A La Carte Milk: \$0.50

FEBRUARY 2020

CHAPIN ST., EAST ST., & VETERAN'S PARK SCHOOLS

Alternates:
Week 1: Hamburger
Week 2: Grilled Cheese
Week 3: -----
Week 4: Tuna & Cheese

Monday Tuesday Wednesday Thursday Friday

Chicken Rice Soup **3**
Ham & Cheese Wrap
Cape Cod Chips
Peppers & Onions
Fresh Fruit

Breakfast for Lunch **4**
Egg Patty, WW Toast
Sausage Patty
Seasoned Homefries
Applesauce w/Cinnamon

Ziti & Meat Sauce **5**
Garlic Bread
Steamed Broccoli
Fresh Fruit

Chicken & Gravy **6**
Mashed Potatoes
WW Dinner Roll
Seasoned Carrots
Chilled Pears

Cheese or **7**
Pepperoni Pizza
Three Bean Salad
Fresh Fruit

Grilled Chicken **10**
on a WW Bun
Seasoned potatoes
Three Bean Salad
Fresh Fruit

Hamburger **11**
on a WW Bun
Oven Baked Fries
Seasoned Carrots
Cup of Strawberries

Ravioli's w/Sauce & **12**
Mozzarella Cheese
WW Bread Stick
Spinach Salad w/Dressing
Fresh Fruit

Fish Sticks **13**
w/Tartar Sauce
Seasoned Rice
Sweet Corn
Chilled Peaches

Sampler Platter **14**
Mozzarella Sticks
Chicken Nuggets
Tater Tots, Green Beans
Fresh Fruit



17 18 19 20 21
Have a wonderful vacation!

Hot Dog on a **24**
WW Roll
Oven Baked Fries
Seasoned Carrots
Cup of Mixed Fruit

Tomato Noodle Soup **25**
Grilled Cheese Sandwich
Cape Cod Chips
Mixed Veggies
Blueberries in a Cloud

American Chop Suey **26**
Garlic Bread
Steamed Broccoli
Fresh Fruit

Turkey & Gravy **27**
Mashed Potatoes
Sweet Corn
WW Dinner Roll
Cup of Fruit

Flatbread Pizza **28**
Three Bean Salad
Fresh Fruit

*Includes one entrée selection, grains or grains bread, vegetables, and fresh fruit.
*Milk Options: 1% White, Fat Free Chocolate, 1% Lactose Free

Menu Subject to Change
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Earn extra money part time!
Work as a substitute in our School Lunch Department.
www.schoolspring.com

