



LUNCH

Price w/milk included: \$3.00

A La Carte Milk: \$0.50

# FEBRUARY 2020

## LUDLOW HIGH SCHOOL

Alternate Lunch: \$3.00  
Hot Dog, Sunbutter & Jelly,  
Toasted Cheese  
The Pizza Spot & Deli \$3.00

### Monday

Chicken Rice Soup **3**  
Turkey Club on WW Bread  
w/Lettuce & Tomato  
Cape Cod Chips  
Peppers & Onions  
Fresh Fruit

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



**17**

Tomato Noodle Soup **24**  
Ham & Cheese Melt  
Cape Cod Chips  
Seasoned Carrots  
Blueberries in a Cloud

### Tuesday

Nacho Taco **4**  
Tortilla Chips w/Taco  
Meat, Lettuce, Tomato &  
Salsa  
Sweet Corn  
Applesauce w/Cinnamon

**Breakfast for Lunch** **11**  
Egg Patty, WW Toast  
Sausage Patty  
Hash Brown Potato  
Cup of Strawberries



**18**

**Carnival** **25**  
Bifana Sandwich  
Oven Baked Fries  
Peppers & Onions  
Cup of Fruit

### Wednesday

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

Pulled Pork **12**  
on a WW Roll  
Sweet Potato Fries  
Steamed Broccoli  
Fresh Fruit



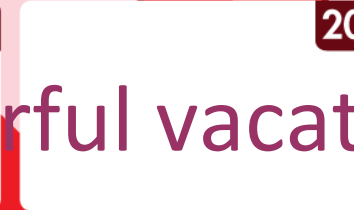
**19**

American Chop Suey **26**  
Garlic Knots  
Garden Salad w/Dressing  
Fresh Fruit

### Thursday

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

Chicken Noodle Soup **13**  
Fish Sticks w/Tartar Sauce  
Seasoned Rice  
Green Beans  
Chilled Peaches



**20**

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

### Friday

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

Sampler Platter **14**  
Mozzarella Sticks  
Chicken Nuggets  
Tater Tots  
Seasoned Carrots  
Fresh Fruit



**21**

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

# Have a wonderful vacation!

\*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  
"USDA is an Equal Opportunity  
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