

February 2016 CHAPIN ST., EAST ST. & VETERAN'S PARK SCHOOLS

LUNCH



School Information: Menu subject to change

"USDA is an equal opportunity provider and employer"



Nutrition Tip: Make Fruit More Appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries

Monday

Chicken Patty on WW **1**
Baked Oven Fries
Sweet Corn
Strawberry Cup

Tuesday

Grilled Cheese on **2**
WW Bread
Reduced Fat Chips
Seasoned Broccoli
Apple Crisp w/Topping

Wednesday

Orange Juice **3**
Pancakes w/Syrup
Seasoned Potatoes
Sausage
Strawberries

Thursday

Turkey & Cheese Wrap **4**
Seasoned Wedges
Snack Baby Carrots
Fresh Fruit

Friday

Cheese or Pepperoni **5**
Pizza
Three Bean Salad
Apple Slices w/Cinnamon

Chicken Fajitas **8**
w/Lettuce, Tomato, Cheese
Salsa & Sour Cream, Rice
Seasoned Corn
Diced Pears w/Topping

Baked Potato Bar **9**
w/Chili, Cheese, Broccoli
Sour Cream & Salsa
WW Breadstick
Fresh Fruit

Fish Sticks w/ Tarter **10**
Sauce, Oven Fried Potatoes
WW Dinner Roll
Seasoned Peas
Fresh Fruit

Baked Chicken **11**
Sweet Potatoes
WW Dinner Roll
Seasoned Carrots
Applesauce Cup

Mini Bagel Pizzas **12**
Three Bean Salad
Fresh Fruit



15

16

17

18

19

HAVE A WONDERFUL VACATION!!

Beef Teriyaki Dipper **22**
Seasoned Brown Rice
WW Dinner Roll
Steamed Carrots
Chilled Peaches

Taco on a Hard or Soft **23**
Shell w/Lettuce, Tomato,
Cheese, Sour Cream & Salsa
Seasoned Rice, Sweet Corn
Chilled Peaches

Chicken Scampi w/ **24**
Spaghetti
WW Breadstick
Seasoned Green Beans
Fresh Fruit

Hamburger on a WW R **25**
Oven Fried Potatoes
Baked Beans
Peach Cup

Mozzarella Sticks w/Di **26**
Potato Wedges
Spinach Salad
Peach Cup

Meatball Grinder **29**
w/Mozzarella on WW Roll
Baked Oven Fries
Sweet Corn
Fresh Fruit

Earn extra money part-time
Work as a substitute in our
School Lunch Department.
www.schoolspring.com

Alternate Lunch:
Week 1 – Hamburger
Week 2 – Grilled Cheese
Week 3 – Chicken Fajitas
Week 4 - Turkey & Cheese

