

## School Lunch Menu-February 4-March 1, 2019

<b>MONDAY 4</b>	<b>TUESDAY 5</b>	<b>WEDNESDAY 6</b>	<b>THURSDAY 7</b>	<b>FRIDAY 8</b>
Fettuccini Alfredo* w/ Chicken and Fresh Broccoli Three Bean Salad Dessert, 2% Milk	Baked Beef Burritos/ Salsa/Sour Cream* Mexican Rice Veggie Fruit (C Rich) 2% Milk	Blueberry Pancakes Scrambled Eggs Fruit Syrup/Margarine 2% Milk	Chicken Tenders Mac and Cheese* Veggies Lo Cal Dessert 2% Milk	Mini Cheese Tortellini w/ Tomato Sauce Garlic Brushed Roll Grilled Zucchini Fruit 2% Milk
<b>MONDAY 11</b>	<b>TUESDAY 12</b>	<b>WEDNESDAY 13</b>	<b>THURSDAY 14</b>	<b>FRIDAY 15</b>
Sloppy Joes Macaroni Salad Veggie* Fruit (C Rich) 2% Milk	Cheese Quesadillas Refried Beans Veggie Fresh Salsa/Sour Cream* Fruit 2% Milk	Meatloaf Egg Noodles w/ butter and parsley Veggie Dessert Fruit 2% Milk	Valentine's Day Celebration Cavatappi w/ Meatballs Warmed Garlic Brushed Rolls Veggie Fruit Red Velvet Cake 2% Milk	NO SCHOOL
<b>MONDAY 18</b>	<b>TUESDAY 19</b>	<b>WEDNESDAY 20</b>	<b>THURSDAY 21</b>	<b>FRIDAY 22</b>
NO SCHOOL	Ground Beef Tacos w/ tomatoes, cheese and fresh salsa Mexican Rice Veggie Sour Cream* 2% Milk	Pancakes Turkey Sausage Patties Fruit (A Rich) Syrup/Margarine 2% Milk	Pulled Pork Sliders AuGratin Potatoes Veggie Dessert Fruit 2% Milk	Thin Crust Cheese Pizza Broccoli Salad Fruit (A Rich) Bread Stick Dessert 2% Milk
<b>MONDAY 25</b>	<b>TUESDAY 26</b>	<b>WEDNESDAY 27</b>	<b>THURSDAY 28</b>	<b>FRIDAY March 1</b>
Mexican Burrito Bowl w/ Rice, black beans, chicken, cheddar cheese, tomato s/o sour cream and fresh salsa Veggie Fruit (C Rich) 2% Milk	Scrambled Eggs Pork Sausage Patties Hash Browns Fruit Wheat Toast Margarine/Jelly 2% Milk	Chicken Strips Mashed Sweet Potatoes Veggie Fruit Wheat Roll 2% Milk	Chicken Parmesan Penne Pasta W/ Olive Oil and Fresh Herbs Veggie Lo Cal Dessert 2% Milk	Baked Three Cheese Mac-n-Cheese Veggie Applesauce Dessert 2% Milk

\*Prepared low fat; (A Rich) - Vitamin A Rich Fruit-1/2 cup or Vegetable every other day; Vitamin C Rich every day  
 MVaughn, RD, LDN

## School Calorie-Controlled Lunch Menu-February 4-March 1, 2019

<b>MONDAY 4</b>	<b>TUESDAY 5</b>	<b>WEDNESDAY 6</b>	<b>THURSDAY 7</b>	<b>FRIDAY 8</b>
Fettuccini -1 cup Alfredo* w/ 2 oz. Chicken and Fresh Broccoli Bean Salad-1/4 cup Fruit-1/2 cup Skim Milk	Beef Burritos-1/ Salsa/Sour Cream*-1 T. Mexican Rice-1/2 cup Corn-1/3 cup Fruit-1/2 cup (C Rich) Skim Milk	Pancakes-2 Diet Syrup Scrambled Eggs-1/2 cup Fruit (A Rich)-1 /2 c. Skim Milk	Chicken Tenders-2 oz. Mac and Cheese*- 3/4 cup Veggie-1/2 cup Fruit-1/2 cup Skim Milk	Mini Cheese Tortellini w/ Tomato Sauce-1 cup Garlic Brushed Roll Grilled Zucchini ½ cup Fruit-1/2 cup Skim Milk
<b>MONDAY 11</b>	<b>TUESDAY 12</b>	<b>WEDNESDAY 13</b>	<b>THURSDAY 14</b>	<b>FRIDAY 15</b>
Sloppy Joe-2oz. on Bun Macaroni Salad- 1/4 cup Veggie-1/2 cup Fruit-1/2 cup Skim Milk	Cheese Quesadillas-1 Refried Beans*-1/4 cup Veggie-1/2 cup Fresh Salsa Sour Cream*-1 Tbsp Skim Milk	Meatloaf- 2 oz Egg Noodles w/ butter and parsley-1 cup Roll/Diet Jelly Veggie-1/2 cup Fruit -1/2 cup Skim Milk	Cavatappi-1/2 cup Meatball-2 oz. Garlic Bread-1 small Veggie (A Rich) Fruit-1/2 cup Skim Milk	NO SCHOOL
<b>MONDAY 18</b>	<b>TUESDAY 19</b>	<b>WEDNESDAY 20</b>	<b>THURSDAY 21</b>	<b>FRIDAY 22</b>
NO SCHOOL	Beef-2 oz Tacos-1 small shell w/ lettuce, tomatoes, cheese Salsa Mexican Rice-1/4 c. Veggie-1/2 c. Skim Milk	Pancakes-2 Diet Syrup Turkey Sausage Patties-2 oz Fruit (A Rich)-1 /2 c. Hash Browns*-1/4 c. Skim Milk	Pork- 2 oz Bun-1 small AuGratin Potatoes- 1/4 cup Veggie-1/2 cup Fruit -1/2 cup Skim Milk	Thin Crust Cheese*Pizza-1 small Broccoli Salad*-1/2 cup Fruit -1/2 cup Bread Stick -1 small Skim Milk
<b>MONDAY 25</b>	<b>TUESDAY 26</b>	<b>WEDNESDAY 27</b>	<b>THURSDAY 28</b>	<b>FRIDAY March 1</b>
Mexican Burritos- 1/ Salsa/Sour Cr*- 1 T. Rice-1/4 cup Black Beans-1/4 c. Lett/Tomato-1 c. Fruit-1/2 cup Veggie (A Rich) Skim Milk	Scrambled Egg-1 Pork Sausage -1 oz. Hash Browns*-1/4 c. Fruit -1/2 cup Wheat Toast-2/ Diet Jelly-2 tsp Skim Milk	Chicken Strips * -3 oz Mashed Sweet Potatoes-1/3 cup Veggie-1/2 cup Fruit -1/2 cup Wheat Roll-1/ Diet Jelly -1 tsp. Skim Milk	Chicken Parmesan- 2oz Penne Pasta-1 cup Veggie- 1/2c.(A Rich) Fruit- 1/ 2 c. Skim Milk	3 Cheese Mac-n-Cheese*- 1 1/2 cup Veggie* (A Rich)-1/2 cup Fruit-1/2 cup Skim Milk

\*Prepared low fat; (A Rich) - Vitamin A Rich Fruit-1/2 cup or Vegetable every other day; Vitamin C Rich every day

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