

## School Lunch Menu 1ST TO 12TH GRADE FEBRUARY 2019

Monday	Tuesday	Mednesday	Thursday	Friday
Monday	Tuesday	Wednesday	Thursday	•
JANUARY 28	JANUARY 29	JANUARY 30	JANUARY 31	FEBRUARY 1
Barbecue day:	Cheese Pizza	Chicken tender or	Mac and Cheese	Whole Wheat Pizza
Grilled Chicken	Or Tuna Sub	Turkey sub	OR Tuna wrap	Bagel, Veggie pizza
Hamburger	Caesar salad	French fries	Broccolini	bagel
Sweet potatoes	Orange Wedges	Pineapple Chunks	Fresh fruit	or Tuna sub
fries	Split peas soup	Minestrone soup	White Bean soup	Sweet potatoes fries
Fruit	Potato soup	Red beans soup	Mushroom soup	Apple Slices
Lentil soup				Carrot Soup
Chicken soup				Lentil soup
FEBRUARY 4	FEBRUARY 5	FEBRUARY 6	FEBRUARY 7	FEBRUARY 8
	Cheese Pizza	Penne pasta w/	Baked Ziti	Falafel on Pita
Barbecue day:				
Grilled Chicken	Or Tuna Sub	meat sauce or	OR Tuna Sub	Israeli Salad
Hamburger	Caesar salad	Turkey sub	Garlic Bread	Humus Or
Sweet potatoes	Orange Wedges	Garlic bread	Green Beans	Tuna Sub
fries	Split peas soup	Steam brocolini	Pineapple chunks	Pear Slices
Fruit	Potato soup	Fruit	White Bean soup	Carrot Soup
Lentil soup		Minestrone soup	Mushroom soup	Lentil soup
Chicken soup		Red beans soup		
FEBRUARY 11	FEBRUARY 12	FEBRUARY 13	FEBRUARY 14	FEBRUARY 15
Barbecue day:	Cheese Pizza	Chicken Chinese	Taco Bar	Cheese Ravioli
Grilled Chicken	Or Tuna Sub	rice	Black Bean/Tortilla	OR Tuna Sub
Hamburger	Caesar salad	egg rolls	For ECE: Spiral	Steamed Brocollini
Sweet potatoes	Orange Wedges	Turkey sub	Pasta Alfredo	Pear Slices
fries	Split peas soup	Green Beans	Or Tuna Sub	Carrot Soup
Fruit	Potato soup	Spa Water	Green beans	Lentil soup
Lentil soup	•	Minestrone soup	Peach slices	•
Chicken soup		Red beans soup	White Bean soup	
			Mushroom soup	
			•	
FEBRUARY 18	FEBRUARY 19	FEBRUARY 20	FEBRUARY 21	FEBRUARY 22
NO SCHOOL	Cheese Pizza	Grilled Chicken	Cheese Lasagna	Wrap day:
NO CONCOL	Or Tuna Sub	Breast and	OR Tuna Sub	Tuna, soy nuggets,
	Caesar salad	yellow/brown	Garlic bread	ceasar salad,egg salad
PRESIDENTS DAY	Orange Wedges	Rice	Roasted caulifower	For ECE: Mac and
	Split peas soup	Turkey Sub	Pear Slices	cheese
	Potato soup	Green beans	Carrot Soup	Fresh Fruit
	I state soup	Pineapple Chunks	Lentil soup	Carrot Soup
4		Minestrone soup	Lonin Godp	Lentil soup
		Red beans soup		Lentin Soup
FEBRUARY 25	FEBRUARY 26	FEBRUARY 27	FEBRUARY 28	
Barbecue day:	Cheese Pizza	Chicken tender or	Mac and Cheese	
Grilled Chicken	Or Tuna Sub	Turkey sub	OR Tuna Sub	
Hamburger	Caesar salad	French fries	Steam brocolini	
Sweet potatoes	Orange Wedges	Pineapple Chunks	Orange Wedges	
fries	Split peas soup	Minestrone soup	White Bean soup	
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Fruit	Potato soup	Red beans soup	Mushroom soup	
Fruit Lentil soup Chicken soup	Potato soup	Red beans soup	Mushroom soup	

Note: A II pasta and couscous will be whole grain and protein enriched.

Salad bar: Romaine lettuce, spinach, edamame, couscous, quinoa, pasta salad, chick peas, carrots, green peppers, tomatoes,

cucumber, onions, black olives, sweet corn, pickles, tuna, egg hard boiled. Spa water everyday.