



School Lunch Menu
1ST TO 12TH GRADE
FEBRUARY 2019

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

Note: A ll 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.