

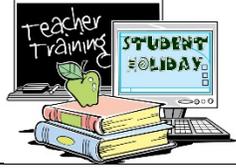
# WE ♥ HERBS & SPICES

SIMPLY GOOD

## Education Campus (K-8) Lunch Menu

February 2016

The cost of a paid student meal is \$2.10 for elementary students. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (includes a source of protein and a grain/bread accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. All grains are whole grain rich. Did you know— If you see it in green, it's local and if you see it in blue, the meal has international influence!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Feb 1</b>	<b>Feb 2</b>	<b>Feb 3</b>	<b>Feb 4</b>	<b>Feb 5</b>
Spicy Asian Chicken w/ Ginger Lime Brown Rice OR Veggie Lo Mein  Seasoned Green Peas & Carrots Fresh Romaine and Tomato Side Salad  Fresh Local Apple	Homemade Cheese Pizza OR Chicken Taco  Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing  Pineapple Cup	Rotini w/Turkey Meat Sauce OR Rotini w/Marinara Sauce & Mozzarella Cheese  Green Beans Italiano Fresh Celery Sticks w/Light Dressing  Fresh Orange	Turkey Hot Dog OR Cheese & Yogurt Plate  Sweet Potato Fries Fresh Cucumber Coins w/ Light Dressing  Fresh Banana	Capitol City Chicken Drumstick w/Biscuit OR Toasted Two Cheese Sandwich  Baked Beans Fresh Baby Carrots w/Light Dressing  100 % Grape Juice
<b>Feb 8</b>	<b>Feb 9</b>	<b>Feb 10</b>	<b>Feb 11</b>	<b>Feb 12</b>
Buffalo Chicken Wrap OR Garden Salad w/ Romaine, Cheese & Dinner Roll  Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing  Fresh Local Apple	Caribbean Chicken Drumstick (Chicken Stoba) w/ Brown Rice OR Teriyaki Veggie Burger  Local Fresh Baked Sweet Potato w/Cinnamon Fresh Cucumber & Tomato Salad  Pineapple Cup	Homemade Cheese Pizza OR Haitian Style Fish w/ Creole Rice and Beans  Glazed Carrots Fresh Local Tuscan Kale Salad  Fresh Orange	Steak & Cheese Sub OR Veggie Chili W/ Dinner Roll  Mashed Potatoes w/ Gravy Fresh Cucumber Coins  Fresh Banana	<p style="text-align: center;"><b>PD DAY NO SCHOOL</b></p> 
<b>Feb 15</b>	<b>Feb 16</b>	<b>Feb 17</b>	<b>Feb 18</b>	<b>Feb 19</b>
<p style="text-align: center;"><b>WASHINGTON'S BIRTHDAY</b></p> <p style="text-align: center;"><b>NO SCHOOL</b></p> 	Beef Meatball Sub w/ Marinara & Mozzarella on a Bun OR Mac-N-Cheese  Southwest Pinto Beans Fresh Celery Sticks w/Light Dressing  Fresh Local Apple	Chicken Nuggets w/ Mumbo or Ranch Sauce & Dinner Roll OR Veggie Chili w/ Dinner Roll  Seasoned Carrots Fresh Cucumber Coins w/Light Dressing  Fresh Orange	Homemade Cheese Pizza OR Parmesan Chicken Sandwich  Seasoned Green Beans Fresh Local Kale Caesar Salad  Fresh Banana	Ukrainian Chicken Breast with a Bun OR Mexican Corn Salad w/ Black Beans & Tortilla Chips  Fresh Roma Roasted Local Red Potatoes Fresh Baby Carrots w/ Light Dressing  100 % Grape Juice
<b>Feb 22</b>	<b>Feb 23</b>	<b>Feb 24</b>	<b>Feb 25</b>	<b>Feb 26</b>
	Spaghetti w/ Beef Meatballs OR Spaghetti w/Marinara Sauce & Mozzarella Cheese  Seasoned Carrots Fresh Romaine and Tomato Side Salad  Fresh Local Apple	Mozzarella Pizza Melt OR Chicken Salad Sandwich  Roasted Corn & Carrots Fresh Broccoli w/Light Dressing  Fresh Orange	Teriyaki Chicken w/ Ginger Lime Brown Rice OR Veggie Lo Mein  Baked Beans Fresh Baby Carrots w/ Light Dressing  Fresh Banana	Tuna Salad Melt OR Mac-N-Cheese  Sweet Potato Fries Fresh Cucumber Coins w/Light Dressing  100 % Grape Juice
Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Chicken Salad w/Romaine Lettuce, Black Beans, and Mozzarella Cheese w/Dinner Roll	Assorted Deli Meat Sandwich on Whole Grain Roll	Chef Salad w/Fresh Romaine, Turkey Ham, Cheese & Garlic Bun	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/Dinner Roll	Turkey and Cheese Sub w/Fresh Lettuce and Tomato