

WE ♥
HERBS & SPICES

SIMPLY GOOD

Elementary (K-5) 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 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
Feb 1	Feb 2	Feb 3	Feb 4	Feb 5
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/a Biscuit OR Toasted Two Cheese Sandwich Baked Beans Fresh Baby Carrots w/Light Dressing 100 % Grape Juice
Feb 8	Feb 9	Feb 10	Feb 11	Feb 12
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;">PD DAY NO SCHOOL</p> 
Feb 15	Feb 16	Feb 17	Feb 18	Feb 19
<p style="text-align: center;">WASHINGTON'S BIRTHDAY</p> <p style="text-align: center;">NO SCHOOL</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 w/ 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
Feb 22	Feb 23	Feb 24	Feb 25	Feb 26
<p style="text-align: center;">NO SCHOOL</p> 	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

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“A primary object should be the education of our youth in the science of government. In a republic, what species of knowledge can be equally important? And what duty more pressing than communicating it to those who are to be the future guardians of the liberties of the country?” George Washington