

**SCHOOL LUNCH MENU:  
February 3 – February 28, 2020**



<b>MONDAY</b>	<b>3</b>	<b>TUESDAY</b>	<b>4</b>	<b>WEDNESDAY</b>	<b>5</b>	<b>THURSDAY</b>	<b>6</b>	<b>FRIDAY</b>	<b>7</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		Pylan Estates E.V.O.O. Chicken Breast Limone Spinach Feta Rice Bread/Roll Dessert 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</b>	<b>10</b>	<b>TUESDAY</b>	<b>11</b>	<b>WEDNESDAY</b>	<b>12</b>	<b>THURSDAY</b>	<b>13</b>	<b>FRIDAY</b>	<b>14</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</b>	<b>17</b>	<b>TUESDAY</b>	<b>18</b>	<b>WEDNESDAY</b>	<b>19</b>	<b>THURSDAY</b>	<b>20</b>	<b>FRIDAY</b>	<b>21</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 Au Gratin Potatoes Veggie Dessert Fruit 2% Milk		Thin Crust Cheese Pizza Broccoli Salad Fruit (A Rich) Bread Stick Dessert 2% Milk	
<b>MONDAY</b>	<b>24</b>	<b>TUESDAY</b>	<b>25</b>	<b>WEDNESDAY</b>	<b>26</b>	<b>THURSDAY</b>	<b>27</b>	<b>FRIDAY</b>	<b>28</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		Chicken Strips Mashed Sweet Potatoes Veggie Fruit Wheat Roll 2% Milk		Ash Wednesday Chocolate Chip Pancakes Scrambled Eggs Fruit Syrup/Margarine 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 LUNCH MENU (calorie-controlled menu):  
February 3 – February 28, 2020**



<b>MONDAY</b> <b>3</b>	<b>TUESDAY</b> <b>4</b>	<b>WEDNESDAY</b> <b>5</b>	<b>THURSDAY</b> <b>6</b>	<b>FRIDAY</b> <b>7</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	Grilled Chicken-2 oz on hamburger bun (lettuce, tomato) Baked Hand Cut Potato Chips-1/4 cup Fruit-1/2 cup 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</b> <b>10</b>	<b>TUESDAY</b> <b>11</b>	<b>WEDNESDAY</b> <b>12</b>	<b>THURSDAY</b> <b>13</b>	<b>FRIDAY</b> <b>14</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</b> <b>17</b>	<b>TUESDAY</b> <b>18</b>	<b>WEDNESDAY</b> <b>19</b>	<b>THURSDAY</b> <b>20</b>	<b>FRIDAY</b> <b>21</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</b> <b>24</b>	<b>TUESDAY</b> <b>25</b>	<b>WEDNESDAY</b> <b>26</b>	<b>THURSDAY</b> <b>27</b>	<b>FRIDAY</b> <b>28</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	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	Pancakes-2 Diet Syrup Scrambled Eggs-1/2 cup Fruit (A Rich)-1 /2 c. Skim Milk	Chicken Parmesan -2 oz. Penne Pasta-1 cup Veggie-1/2 c.(A Rich) Fruit-1/2 c. Skim Milk	3 Cheese Mac-n-Cheese*- 1 ½ cup Veggie* (A Rich)-1/2 cup Fruit-1/2 cup Skim Milk

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