

Health•e
LIVING



Middle/High School Lunch

February 2019

In Season Broccoli

Broccoli shares cancer fighting, immune boosting properties.

Broccoli contains high levels of both calcium and vitamin k, both of which are important for bone health and prevention of osteoporosis



Monday

Tuesday

Wednesday

Thursday

Friday



Assorted Pizzas **1**
Romaine & Spinach Salad

BBQ Pulled Pork **4**
On WG Roll
Potato Wedges

Taco on Hard/soft Shell **5**
Refried Beans
Corn
Rice

Hot Ham & Cheese on Pretzel Roll **6**
Macaroni Salad
Carrot Coins

Chicken Alfredo Rotini **7**
Breadstick
Roasted Broccoli

Pepperoni Roll **8**
w/marinara Sauce
Romaine & Spinach Salad

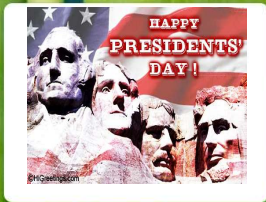
Italian Meatball **11**
Sub
Green Bean & Tomato Salad
Side of Pasta

Macaroni & Cheese **12**
WG Roll
Carrots


Ultimate Chicken Bowl **13**
Corn
WG Roll

Spaghetti w/Meat Sauce **14**
WG Roll
Green Beans

French Bread Pizza **15**
Romaine & Spinach Salad
Chick Pea Salad



No School **19**
Presidents' Day
Recess

20
Read a book!


Go for a walk **21**


22


French Toast Sticks **25**
Sausage Links
Orange Roasted Carrots

Nachos w/meat & Cheese **26**
Refried Beans
Corn

Crunchy Chicken Tenders **27**
Cheesy Rice
Green Beans

Hamburger/ Cheeseburger w/lettuce **28**
Seasoned Potato Wedges



Announcements

Available Daily:

Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day
May Choose up to two (2)

NY Milk Choices:

1% White, Skim White
Skim Chocolate, Skim Strawberry (when available)

Daily Choices:

Chicken Patty on Bun
Hamburger/Cheeseburger on Bun
Hot Wrap of the Day
Chef/Grilled Chicken Salad
NY Yogurt Parfait
Smoothies

Meal Prices

Breakfast K-5 \$1.10
Breakfast 6-12 \$1.25
Lunch K-5 \$2.25
Lunch 6-12 \$2.35
Reduced .25

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Menu subject to change without notice.