





Monkton Munch Lion Cafe

Lunch Menu

Jenny VanNosdeln, Manager and Deb Preston Assistant

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VIEW FULL BREAKFAST MENUS AT: www.anesunutrition.com

Monday	Tuesday	Wednesday	Thursday	Friday	Contact us at: 453-2314
ALTERNATE MEAL DAILY Peanut Butter & Jelly Sandwich on Whole Wheat Bread		1 Hamburger, Cheeseburger or Veggie Burger on WW Bun Baked Beans Seasoned Sweet Potato Fries FRESH FRUIT & VEGGIE BAR	2 Homemade Meaty Lasagna or Veggie Lasagna Tender Sweet Peas Garlic Breadsticks FRESH FRUIT & VEGGIE BAR	3 Chicken Fajita on Whole Wheat Tortilla Peppers & Onions Corn Mexican Rice FRESH FRUIT & VEGGIE BAR	 <p>ANESU Food Service Cooperative</p>
6 Whole Grain Cheesy Breadsticks w/ Marinara Dipping Sauce Tender Sweet Peas Kale Salad FRESH FRUIT & VEGGIE BAR	7 Chicken Terriyaki Brown Rice Egg Roll Roasted Green Beans FRESH FRUIT & VEGGIE BAR	8 Roast Pork w/ Gravy Steamed Broccoli Butternut Barley Baked Beans Pumpkin Bread FRESH FRUIT & VEGGIE BAR	9 Crispy Chicken Patty on Whole Wheat Bun Creamy Coleslaw Roasted Potato Wedges Roasted Chickpeas FRESH FRUIT & VEGGIE BAR	10 Turkey, Bacon, and Cheese Sandwich on Whole Wheat Bread Broccoli Soup Sweet Buttery Corn FRESH FRUIT & VEGGIE BAR	
13 Cheesy Baked Ziti w/ Meat or Veggies Buttery Green Beans Homemade Roll FRESH FRUIT & VEGGIE BAR	14 Valentines Day Heart-y Grilled Cheese Tomato Tortellini Soup Special Valentines Cake FRESH FRUIT & VEGGIE BAR	15 Chicken & Biscuits w/ seasonal veggies Steamed Broccoli Three Bean Salad FRESH FRUIT & VEGGIE BAR	16 Meatball Subs On Whole Wheat Bun w/ Mozzarella Cheese Roasted Cauliflower FRESH FRUIT & VEGGIE BAR	17 Quesadillas Chicken & Cheese or Bean & Cheese Dirty Rice Refried Beans Corn FRESH FRUIT & VEGGIE BAR	
20 WINTER BREAK 	21 WINTER BREAK	22 WINTER BREAK	23 WINTER BREAK	24 WINTER BREAK	<p><u>Meal Prices</u> Breakfast 1.25 Lunch 2.50 Adults \$5.00 <u>Free and Reduced</u> NO CHARGE for meals MILK ONLY - \$.50 (not included as part of the Free & Red. Meals Program)</p> <p>Go to www.myschoolbucks.com to prepay for school meals</p> <p>VISIT OUR WEBSITE AT: www.anesunutrition.com</p>
27 Macaroni & Cheese Carror Souffle Broccoli Spears FRESH FRUIT & VEGGIE BAR	28 Chicken Tacos w/ Cheese or Bean Tacos Mexican Rice Black Bean Salad with Lime and Cilantro Corn FRESH FRUIT & VEGGIE BAR	1 PIZZA Pepperoni, Cheese or Veggie Pizza Sweet Potato Half Ceasar Salad Roasted Chick Peas FRESH FRUIT & VEGGIE BAR	2 Crispy Chicken Tenders Buttery Green Beans Mashed Potatoes Homemade Roll FRESH FRUIT & VEGGIE BAR	3 Ham & Cheese Melt Veggie & Cheese Melt Broccoli Cheese Soup Roasted Potatoes FRESH FRUIT & VEGGIE BAR	

Stay healthy this winter with a rainbow of fresh fruits and veggies and 60 minutes of physical activity every day

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