

Monday

Tuesday

Wednesday

Thursday

Friday

**THIS INSTITUTION IS AN
EQUAL OPPORTUNITY**

Meatball Subs **4**
With Marinara Sauce
And Mozzarella Cheese
Or Falafel on a Bun
Steamed Broccoli
Fresh Fruit Selection
Milk

EARLY RELEASE DAY **5**
Ham and Cheese Sandwich
On Whole Wheat Bread
Veggie Sticks with Dip
Pretzels
Fresh Fruit Selection
Milk

Stromboli **6**
Cheese, Pepperoni
Veggie
Caesar Salad
Fresh Fruit Selection
Milk

Hawaiian Ham with Pineapple **7**
Roasted Butternut Squash
With Cinnamon and Brown Sugar
Peas
Braised Beans
Buttery Biscuit
Fresh Fruit Selection
Milk

Baked Potato Bar **1**
Ham, Cheddar and Broccoli
Banana Bread Square
Roasted Carrot and Green Bean
Fresh Fruit Selection
Milk

Ravioli **8**
Marinara Sauce
Roasted Garlic Focaccia
Roasted Rosemary Veggies
Fresh Fruit Selection
Milk

Sloppy Joe **11**
On WW Bun
Roasted Potato Wedges and
Parsnip Chips
Tossed Salad
Fresh Fruit Selection
Milk

Chicken Fajita or
Mexicans Beans **12**
On WW Tortilla
Peppers and Onions
Corn
Rice
Fresh Fruit Selection
Milk

Chicken Drumstick **13**
Mashed Potatoes
Steamed Broccoli
Roasted Chick Peas
Sweet Potato Bread
Fresh Fruit Selection
Milk

"Hearty" Grilled Cheese Or **14**
Grilled Ham and Cheese
Tomato Tortellini Soup
Heart Beet Salad
Strawberry Shortcake
Milk

Deli Sandwich **15**
Turkey, Ham, or Egg Salad
Sandwich on WW Bun
Broccoli Cheddar Soup
Veggie Sticks with Dip
Fresh Fruit Selection
Milk

VALENTINES DAY

18

19

20

21

22

Macaroni and Cheese **25**
Butternut and
Sweet Potato Bake
Peas
Fresh Fruit Selection
Milk

Tasty Tacos **26**
Chicken or Bean
With Cheese
Lettuce, Salsa, Sour Cream
Rice
Fresh Fruit Selection
Milk

Chicken and Biscuits **27**
With Seasonal Vegetables
Buttery Green Beans
Fresh Fruit Selection
Milk

Meat or Veggie Lasagna **28**
Broccoli
Garlic Bread
Fresh Fruit Selection
Milk

Alternative Meal
A daily alternative to the main entrée
Bagel & Cream Cheese with 4 oz. Yogurt

PRICES
Breakfast - \$1.85
Paid Lunch Meal \$2.85
Reduced and Free Lunch - FREE
Milk w/o a meal - \$.65
Adult Breakfast \$2.50 Adult Lunch \$5.00

