

Monday
Tuesday
Wednesday
Thursday
Friday

**THIS INSTITUTION IS AN
EQUAL OPPORTUNITY**

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

4

EARLY RELEASE DAY
Ham and Cheese Roll Up
On Whole Wheat Tortilla
Veggie Sticks with Dip
Pretzels
Fresh Fruit Selection
Milk

5

Pizza
Cheese, Pepperoni
Veggie
Caesar Salad
Fresh Fruit Selection
Milk

6

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

7

Baked Potato Bar
Ham, Cheese and Broccoli
Apple Muffin
Roasted Carrot and Green Bean
Fresh Fruit Selection
Milk

8

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

11

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

12

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

13

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

14

Ravioli
Marinara Sauce
Garlic Knot
Roasted Rosemary Veggies
Fresh Fruit Selection
Milk

15

VALENTINES DAY

18
19
20
21
22

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

25

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

26

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

27

**Spaghetti with
Meat Sauce or Marinara**
Broccoli
Garlic Bread
Fresh Fruit Selection
Milk

28
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

