



FEBRUARY 2020

Monkton Central School

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Audra Pecor, Manager
Lynda Pendriss, Assistant

VISIT: www.mausd-anwsdnutrition.com

Monday

Chicken Alfredo Pasta 3
Or
Pasta Alfredo
Tender Sweet Peas
Sweet Potato Half
WW Dinner Roll
Fresh Fruit and Veggie Bar
Milk

Tuesday

MAKE YOUR OWN 4
Fajita Wrap with
Seasoned Chicken or Beans
On WW 8" Tortilla
Choose: Cheese, Peppers & Onion,
Sour Cream, Salsa
Rice Corn
Fresh Fruit and Veggie Bar Milk

Wednesday

EARLY RELEASE DAY 5
WG Soft Pretzel
Cheddar Cheese Square
Carrot Sticks and Pepper Strips
4 oz. Yogurt
Ranch Dip
Apple
Milk

Thursday

Sloppy Joe 6
Sandwich on WW Bun
Or
Black Bean Burger
Roasted Zucchini
Chick Pea Salad
Fresh Fruit and Veggie Bar
Milk

Friday

Fish and Chips 7
Breaded Fish Sticks
Roasted Potato Wedges
Baked Beans
Tossed Salad
Homemade Muffin
Fresh Fruit and Veggie Bar
Milk

Macaroni and Cabot Cheese 10
Broccoli
Roasted Carrots
WG Bread Stick
Fresh Fruit and Veggie Bar
Milk

NACHOS 11
Mexican Beef or Beans
Homemade Cheese Sauce
Sour Cream Salsa
Rice
Corn
Fresh Fruit and Veggie Bar
Milk

Individual Pizza 12
Cheese or Pepperoni
Caesar Salad with Croutons
Fresh Fruit and Veggie Bar
Milk

Meaty Shepherd's Pie 13
With Mashed Potatoes
WG Biscuit
Buttery Green Beans
Fresh Fruit and Veggie Bar
Milk

Hearty Grilled Cheese or 14
Grilled Ham and Cheese
Tomato Tortellini Soup
Roasted Chick Peas
Heart Beet Salad
Fresh Fruit and Veggie Bar
Milk

NO SCHOOL 17
FEBRUARY RECESS

NO SCHOOL 18
FEBRUARY RECESS

NO SCHOOL 19
FEBRUARY RECESS

NO SCHOOL 20
FEBRUARY RECESS

NO SCHOOL 21
FEBRUARY RECESS

WW Rotini with 24
Meat Sauce or Marinara
Cottage Cheese
Garlic Bread
Peas
Fresh Fruit and Veggie Bar
Milk

TACO TUESDAY 25
Beef or Bean Tacos
Cornbread
Refried Beans
Corn
Salsa Sour Cream
Fresh Fruit and Veggie Bar
Milk

Chicken or Tofu Tenders 26
With BBQ Sauce
Brown Rice Pilaf
Caesar Salad
Sweet Potato Wedges
Fresh Fruit and Veggie Bar
Milk

Local Beef 27
Meatloaf
Mashed Potatoes
Roasted Broccoli
WG Biscuit
Fresh Fruit and Veggie Bar
Milk

Chicken Patty 28
Or Veggie Burger
on a Bun with Lettuce
Broccoli Cheddar Soup
Chick Pea Salad
Fresh Fruit and Veggie Bar
Milk

PRICES

Breakfast - \$1.50
Paid Lunch \$2.85

Reduced and Free Lunch - FREE
Milk w/o a meal - \$.65

Adult Breakfast \$2.50 Adult Lunch \$5.00

**Please pay for meals in advance or
apply for Free meals**



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MySchoolBucks.com

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