



FEBRUARY 2020

Ferrisburgh Central School

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@greatschoolmeals

Sarah Anderson, Manager
Lorri Blais, Assistant

VISIT: www.mausd-anwsdnutrition.com

Monday

Chicken Alfredo Pasta **3**
Or
Pasta Alfredo
Tender Sweet Peas
Sweet Potato Half
WW Dinner Roll
Fruit Selection
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
Fruit Selection 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**
Or
Black Bean Burger
On WW Bun
Tossed Salad
Baked Beans
Fruit Selection
Milk

Friday

Fish and Chips **7**
Breaded Fish Sticks
Roasted Potato Wedges
Creamy Coleslaw
Homemade Muffin
Fruit Selection
Milk

NACHOS **10**
Mexican Beef or Beans
Homemade Cheese Sauce
Sour Cream Salsa
Rice
Corn
Fruit Selection
Milk

Macaroni and Cabot Cheese **11**
Broccoli
Roasted Carrots
Garlic Bread Stick
Fruit Selection
Milk

PIZZA DAY **12**
Cheese, Pepperoni, Veggie
Caesar Salad with Croutons
Roasted Brussel Sprouts
Fruit Selection
Milk

Meaty Shepherd's Pie **13**
With Mashed Potatoes
Buttery Green Beans
WG Biscuit
Fruit Selection
Milk

Hearty Grilled Cheese or **14**
Grilled Ham and Cheese
Tomato Tortellini Soup
Roasted Chick Peas
Heart Beet Salad
Fruit Selection
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
Fruit Selection
Milk

TACO TUESDAY **25**
Beef or Bean Tacos
Cornbread
Refried Beans
Corn
Salsa Sour Cream
Fruit Selection
Milk

Chicken or Tofu Tenders **26**
With BBQ Sauce
Brown Rice Pilaf
Caesar Salad with Croutons
Roasted Sweet Potato Wedges
Fruit Selection
Milk

Local Beef **27**
Meatloaf
Mashed Potatoes
Green Beans
WG Biscuit
Fruit Selection
Milk

Turkey Sandwich **28**
With Lettuce
Broccoli Cheddar Soup
Chick Pea Salad
Carrot Sticks and Dip
Fruit Selection
Milk

PRICES

Breakfast - \$1.85

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**



This institution is an equal opportunity provider.

