



FEBRUARY 2020

Sara Little, Manager
Tammy Jewett, Assistant

VISIT: www.mausd-anwsdnutrition.com

Beeman Elementary



Monday

Chicken Alfredo Pasta **3**
Or
Pasta Alfredo
Tender Sweet Peas
Roasted Sweet Potatoes
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**
Or
Black Bean Burger
On WW Bun
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
Garlic 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

Grilled Cheese **12**
Tomato Tortellini Soup
Roasted Chick Peas
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

PIZZA DAY **14**
Hearty Indiv. Pizzas
Caesar Salad with Croutons
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
Tender Sweet 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
Roasted Sweet Potato Wedges
Fresh Fruit and Veggie Bar
Milk

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

Turkey Sandwich **28**
With Cheese and 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**



PAY FOR MEALS ONLINE

MySchoolBucks.com

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