


# February Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Cancellation	2 Grilled Cheese and Tomato Soup Fresh Fruit	3 Cancellation	4 Chicken Caesar Wrap pasta salad fresh fruit	5 Cancellation	6
7	8 Cancellation	9 Cancellation	10 Cancellation	11 Cancellation	12 Hawaiian Ham & Cheddar Melt Pasta Salad Fresh Fruit	13
14 	15 Turkey Caesar Sandwich Veggies & Dip Fresh Fruit	16 Pizza Bagel Garden Salad Fresh Fruit	17 Fresh Vegetable Quesadilla with corn relish Beans and Rice	18 Lasagna Garden Salad Garlic Bread Fresh Fruit	19 Crispy Fish Sticks mixed vegetable saute Fresh Fruit	20
21	22 Pizza Panini Garden Salad Fresh Fruit	23 Chicken & Vegetable LoMein Fresh Fruit Cookie	24 Steak Fajita Rice Fresh Fruit	25 Chili Corn Bread Fresh Fruit	26 Minestrone soup w/ cheese tortellini Focaccia Bread Fresh Fruit	27

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There will be regular salad bar only on Fri. 2/5 (no taco bar) During the lenten season there will be a baked potato bar on Fridays.

Questions and comments welcome.

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# February Lunch Menu Details

Salad bar is offered daily for middle school students.

There will be regular salad bar on Friday Feb. 5<sup>th</sup> (no taco bar)

The last taco bar is Feb. 12<sup>th</sup>

During the season of lent the Friday taco bar will be replaced by a baked potato bar.

A choice of 2% white or 1% chocolate milk is included in every meal.

Monday 1 : Cancellation

Tuesday 2 : Grilled Cheese sandwich, Creamy tomato basil soup, Fresh Fruit.

Wednesday 3 : Cancellation

Thursday 4 : Chicken Caesar wrap. Chicken, romain lettuce, parmesean cheese and our house Caesar dressing wrapped up in a flour tortilla. Pasta salad. Fresh fruit.

Friday 5 : Cancellation

Monday 8 : Cancellation

Tuesday 9 : Cancellation

Wednesday 10 : Cancellation

Thursday 11 : Cancellation

Friday 12 : Hawaiian Ham Cheddar Melt,. Pasta Salad. Fresh Fruit.

Monday 15 : Turkey sandwich, Veggies and dip, Fresh Fruit.

Fat Tuesday 16 : Today we celebrate Mardis Gras with a Creole specialty from New Orleans. Gumbo is rich stew. Ours will contain chicken, sausage, okra, and tomatoes. Served with a special variety of Louisiana rice called popcorn rice (because it smells like popcorn when cooking) and of course King Cake , a sweet yeast bread.

Wednesday 17 : Try something new today! Vegetable Quesadilla. Red bell pepper, zucchini and scallions toasted with Monterey jack and cheddar cheeses in a flour tortilla. Sweet white corn relish. Rice with beans.

Thursday 18: Classic Lasagna. Garden Salad, Garlic Bread. Fresh Fruit.

Friday 19 : Crispy fish sticks served with homemade tartar sauce or ketchup. Garden Salad. Fresh Fruit.

Monday 22 : Pizza Panini. Tomato sauce and mozzarella cheese toasted on Italian bread brushed with olive oil. Garden Salad. Fresh Fruit.

Tuesday 23 : Chicken LoMein. Chinese noodles with a stir-fry of chicken and Chinese vegetables. Fresh fruit. Homemade cookie.

Wednesday 24 : Steak fajita. Grilled flank steak with sweet peppers and onions served in a flour tortilla with salsa and sour cream. Rice. Fresh Fruit.

Friday 26 : Minestrone soup (vegetarian) with cheese tortellini. A hearty Italian soup with fresh vegetables, basil, pasta and white beans. Our house made foccacia bread (olive oil bread) Fresh fruit.