LUNCH MENU

FEBRUARY 2023

Milk served with each meal

Grades K-12: Vegetarian salad options also available for pre-order.

MON	TUE	WED	THU	FRI
		1 Meatball sub with tomato sauce, seasonal fruit & vegetable	**2** GROUNDHOG DAY BBQ chicken, baked beans, seasonal fruit & vegetable	**3** Cheese & squash quesadilla with salsa, sour cream, & seasonal fruit
6 Sun Nut Butter and jam sandwich on whole wheat with seasonal fruit and vegetable	**7** Chicken patty on a bun with seasonal fruit and vegetable	**8** Korean beef & vegetable stir fry, rice, seasonal fruit	**9** Kielbasa, buttered egg noodles, seasonal fruit & vegetable	**10** Flatbread cheese pizza, seasonal fruit & vegetable
13 Grilled cheese on whole wheat, seasonal vegetable & fruit	**14** Cheeseburger, roasted potatoes, seasonal fruit & vegetable	**15** EARLY RELEASE Chicken, vegetable, and rice soup, roll, & seasonal fruit	**16** Pulled BBQ pork, sweet potato fries, seasonal fruit & vegetable	**17** Fish sticks and tater tots with seasonal fruit and vegetable
20 	**21** Ham & cheese sandwich on whole wheat, seasonal fruit & vegetable	**22** Pasta with tomato sauce and meatballs, with seasonal fruit and garden salad	**23** Buttermilk pumpkin pancakes, maple yogurt, seasonal fruit	**24** Macaroni & cheese, seasonal fruit & vegetable
27 Turkey & cheese sandwich on whole wheat, seasonal fruit & vegetable	**28** Cheese ravioli with tomato sauce, seasonal fruit & vegetable			

FEBRUARY VACATION

- Vegetarian
- Gluten-friendly*
- Contains eggs
- Contains sesame**
- Contains mixed elements that cannot be separated
- Contains pork
- Contains beef
- Contains poultry
- Contains fish

*While we make efforts to minimize the risk of cross-contamination, we are not a gluten-free certified kitchen.

**We do not include peanuts or tree nuts in our meals. However, we are not an entirely legume/nut-free kitchen.