



Monday	Tuesday	Wednesday	Thursday	Friday
2/10/20 Beefaroni w/ WG Texas Toast or Alternate Entrees	2/11/20 Beef Tacos (2) w/ Cheese or Alternate Entrees	2/12/20 Popcorn Chicken Bowl Topped w/ Cheddar or Alternate Entrees	2/13/20 Cheesy Pretzel Bun  or Alternate Entrees	2/14/20 Garlic French Bread Pizza w/ Marinara or Alternate Entrees  <i>Valentines Day Cookie</i>
Featured Veggies: Steamed Peas Fresh Cauliflower Choice of Fruit Choice of Milk	Featured Veggies: Corn Shredded Lettuce & Tomato Choice of Fruit Choice of Milk	Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	Featured Veggies: Tomato Soup Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Steamed Carrots Cucumber Slices Choice of Fruit Choice of Milk
5	6	1	2	3
2/17/20 Steak Hoagie on WG Roll or Alternate Entrees	2/18/20 Crispy Chicken Leg w/ Biscuit or Alternate Entrees 	2/19/20 Chicken Lomein or Alternate Entrees	2/20/20 Spicy Chicken on WG Bun or Alternate Entrees	2/21/20 Italian Style Meatballs w/ Breadstick or Alternate Entrees
Featured Veggies: Wedge Fries Fresh Broccoli Choice of Fruit Choice of Milk	Featured Veggies: Corn on the Cob Sliced Cucumbers Choice of Fruit Choice of Milk	Featured Veggies: Sesame Broccoli Carrot Sticks Choice of Fruit Choice of Milk	Featured Veggies: French Fries Romaine Salad Choice of Fruit Choice of Milk	Featured Veggies: Steamed Carrots Cucumber Slices Choice of Fruit Choice of Milk
4	5	6	1	2
2/24/20 Pulled Pork Hoagie or Alternate Entrees	2/25/20 Walking Taco or Alternate Entrees	2/26/20 Lasagna Rollups w/ WG Roll or Alternate Entrees	2/27/20 French Toast Sticks w/ Sausage Links or Alternate Entrees	2/28/20 School Made Pizza or Alternate Entrees
Featured Veggies: Baked Beans Coleslaw Choice of Fruit Choice of Milk	Featured Veggies: Black Beans Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Steamed Green Beans Cucumber Slices Choice of Fruit Choice of Milk	Featured Veggies: Tator Tots Carrot Sticks Choice of Fruit Choice of Milk	Featured Veggies: Italian Style Veggies Medley Italian Salad Choice of Fruit Choice of Milk
3	4	5	6	1
3/2/20 Grilled Chicken on WG Bun or Alternate Entrees	3/3/20 Soft Chicken Tacos or Alternate Entrees	3/4/20 Popcorn Chicken w/ Buttered Noodles or Alternate Entrees	3/5/20 Corn Dog Nuggets or Alternate Entrees	3/6/20 Fish Sandwich or Alternate Entrees
Featured Veggies: Potato Wedges Fresh Broccoli Choice of Fruit Choice of Milk	Featured Veggies: Steamed Corn Tomato and Onion Salsa Choice of Fruit Choice of Milk	Featured Veggies: Steamed Green Beans Cucumber Slices Choice of Fruit Choice of Milk	Featured Veggies: Steamed Broccoli Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Tator Tots Cherry Tomatoes Choice of Fruit Choice of Milk
2	3	4	5	6
3/9/20 BBQ Meatballs w/ Steamed Rice or Alternate Entrees	3/10/20 Mac & Cheese or Alternate Entrees	3/11/20 Toasted Cheese or Alternate Entrees	3/12/20 Penne w/ Meatsauce WG Breadstick or Alternate Entrees	3/13/20 Big Daddy Pizza Slice  or Alternate Entrees 
Featured Veggies: Steamed Peas Cucumber Slices Choice of Fruit Choice of Milk	Featured Veggies: Stewed Tomatoes Carrot Sticks Choice of Fruit Choice of Milk	Featured Veggies: Tomato Soup Cucumber Slices Choice of Fruit Choice of Milk	Featured Veggies: Steamed Broccoli Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Green Beans Cherry Tomatoes Choice of Fruit Choice of Milk
1	2	3	4	5
3/16/2020 Footlong Hotdog on Footlong Bun or Alternative Entrées	3/17/2020 Nachos Grande or Alternative Entrees	3/18/2020 General Tso Chicken w/ WG Rice or Alternate Entrees	3/19/2020 Corn Dog Nuggets or Alternate Entrees	3/20/2020 Ravioli Bake w/ Breadstick or Alternate Entrees
Featured Veggies: Baked Beans Green Beans Choice of Fruit Choice of Milk	Featured Veggies: Seasoned Black Beans Tomato & Onion Salsa Choice of Fruit Choice of Milk	Featured Veggies: Steamed Broccoli Carrot Sticks Choice of Fruit Choice of Milk	Featured Veggies: Steamed Corn Italian Salad Choice of Fruit Choice of Milk	Featured Veggies: Steamed Green Beans Cherry Tomatoes Choice of Fruit Choice of Milk
6	1	2	3	4

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

- Meat or meat alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread

Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

Weekly Vegetable

Subgroups May Include:

- Dark Green - spinach, broccoli, romaine and spring salad
- Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
- Legumes - beans and peas
- Starchy White - potatoes, corn, peas and lima beans
- Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections

May Include:

- oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

LEAVE YOUR LUNCH AT HOME

DAILY OPTIONS:

- Chicken Patty
- Pizza Slice
- Yogurt Craveable
- Turkey Sandwich Craveable
- Chef Salad



www.schoolcafe.com
See website for more details

2019/2020

