



FEBRUARY

ELEMENTARY LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
1 CHEESE PIZZA 35g OR FISH SANDWICH 38g Slaw 8g, Tarter Sauce 4g Broccoli Cheese Soup 20g Carrots with Dip 2g Apple 19g Peach Slices 17g	2 BREAKFAST FOR LUNCH Egg 23g, Chicken 29g, Sausage 26g, Steak 30g, Pancakes 28g or Gravy Biscuit 32g Tater Tots 20g Spiced Apples 31g Orange Slices 15g	3 TACO 26g OR CHICKEN FAJITA 17g Lettuce, Tomatoes 2g Salsa 4g, Sour Cream 2g, Cheese 0g Rice 29g Corn 16g Banana 27g Mandarin Oranges 19g	4 CHEESEBURGER 27g OR SANTA FE CHICKEN PASTA 36g Lettuce, Tomatoes 2g Pickles 0g Seasoned Wedges 18g Carrot Stix w/dip 2g Applesauce 30g Kiwi 9g	5 MAC N CHEESE W/GRILLED FRANKS 28g OR SLICED HAM 1g Pinto beans 20g Cabbage, Onions 7g Stewed Tomatoes 5g Cornbread 32g Grapes 16g Mixed fruit 17g
8 CHICKEN RINGS 13g W/SCHOOL ROLL 30g OR HOT DOG W/CHILI 28g Slaw 8g Veggie Beans 26g Seasoned Wedges 18g Fruit Cocktail 17g Orange 15g	9 BAKED ZITI 38g W/ BREAD STICK 19g OR SHAVED DELI TURKEY & CHEESE HOAGIE 36g Lettuce & Tomato 2g Tossed Salad 5g Steamed California Vegetables 5g Frozen Fruit Cup 28g Banana 27g	10 CORNDOG 32g OR STUFFED CRUST PIZZA 45g Tater Tots 20g Whole Kernel Corn 16g Peach Cup 17g Seedless Grapes 16g	11 SWEET AND SOUR CHICKEN W/ RICE 82g AND BROCCOLI 7g OR GRILLED CHEESE 34g Tomato Soup w/Crackers 17g Pears 21g NC Apple Slices 19g	12 GRILLED CHICKEN FILET SANDWICH 31g OR STUFFED CRUST PIZZA 45g Mashed Potatoes 15g Lettuce, Tomato 2g, Green Beans 5g Apricots 16g Cotton Candy Ice Cream Cup 12g
15 MAC N CHEESE W/ LITTLE SMOKIES 28g Pinto beans 20g Cabbage, Onions 7g Stewed Tomatoes 5g Cornbread 32g Grapes 16g Mixed fruit 17g	16 BREAKFAST FOR LUNCH Egg 23g, Chicken 29g, Sausage 26g, Steak 30g, Pancakes 28g or Gravy Biscuit 32g Tater Tots 20g Spiced Apples 31g Orange Slices 15g	17 HAMBURGER 26g w/ Lettuce and Tomato 2g OR TURKEY POT PIE w/ Mixed Veggies 30g Baked NC Sweet Potato 21g Sliced Peaches 17g Fresh Kiwi 9g	18 CHICKEN NUGGETS 11g OR SALISBURY STEAK 12g Mashed Potatoes 15g Seasoned Green Beans 5g Frozen Fruit Cup 28g Red Apple 19g	19 PEPPERONI PIZZA 36g OR FRUIT AND YOGURT PLATE 65g Tossed Salad 5g Cherry Crisp 49g Banana 27g
22 CHEESE QUESADILLA 32g w/ Salsa 4g and Sour Cream 2g OR BEEF CHALUPA 21g Tomato Soup 17g Pinto Beans 20g Frozen Fruit Cup 28g Banana 27g	23 CHICKEN FILET 25g OR PORK ROAST W/ GRAVY 31g AND ROLL 30g Lettuce and Tomato 2g Green Beans 5g Mashed Potato 15g Pineapple 19g Orange Wedges 15g	24 HAM & CHEESE SUB 37g OR GRILLED CHEESE 34g W/ VEGETABLE BEEF SOUP & CRACKERS 11g Lettuce and Tomato 2g Cucumbers and Carrots w/ dip 11g Fruit Cocktail 17g Apple 19g	25 BBQ DINNER 12g W/ CORNBREAD 32g OR CHICKEN SALAD WRAP 42g Vegetarian Beans 26g Seasoned Wedges 18g Cole Slaw 8g Fruity Jello 16g Seedless Grapes 16g	26 SEAFOOD BASKET 30g W/ HUSHPUPIES 18g OR STUFFED CRUST PIZZA 45g Cole Slaw 8g Whole Kernel Corn 16g Apricots 16g Kiwi 9g

Menu subject to change without notice. Carb count is shown in red
 CHOICE OF MILK OR JUICE
 "This is an equal opportunity provider."