



## February 2020 K-8 Lunch Menu

<i>ca = calories grams</i> <i>cb = carbohydrates grams</i> <i>so = sodium mg</i>  <i>Fat Free Chocolate Milk or 1% White Milk Offered</i> <i>All bread items whole grain</i>	<i>m = meat/protein</i> <i>wg = whole grain</i> <i>r = red/orange</i> <i>l = legume</i> <i>o = other</i> <i>s = starchy</i> <i>g = green leafy</i>	<i>Fresh fruit served every day and may vary based on the season and ripeness</i>		
3 Hamburger Patty & WG Bun (2m, 1.75wg) Ketchup Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c)  <i>ca= 625 cb=111 so1106</i>	4 Meatballs, Mashed Potatoes & Gravy (1.8m, 5 meatballs, 3/4s) WG Dinner Roll (1wg) Fresh Pineapple (1/2c) Milk (1c)  <i>ca= 617 cb=80 so1223</i>	5 Sloppy Joe (2m, 1/4r) WG Bun (1.75wg) Hash Brown (1/4s) Carrot Sticks (1/2r) Ranch Fresh Melon (1/2c) Milk (1c)  <i>ca= 644 cb=84 so=1205</i>	6 WG Chicken Nuggets (2m, 1wg) Ketchup Green Beans (3/4o) WG Bear Grahams (1wg) Fresh Melon (1/2c) Milk (1c)  <i>ca= 615 cb=93 so=854</i>	7 Bosco Sticks -2 (2m, 2wg) Marinara (1/8r) Broccoli (3/4g) Ranch Dressing Whole Apple (1/2c) Milk (1c)  <i>ca= 605 cb=104 so=855</i>
10 Beef Hot Dog & WG Bun (2m, 1.5wg) Mashed Potatoes (3/4s) Whole Apple (1/2c) Milk (1c)  <i>ca= 630 cb=94 so=1227</i>	11 WG Chicken Patty & WG Bun (2m, 2.75wg) BBQ Sauce Broccoli (3/4g) Fresh Melon (1/2c) Milk (1c)  <i>ca= 605 cb=95 so=1056</i>	12 Walking Taco Beef (.5m) WG Nacho Chips (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Fresh Pineapple (1/2c) Milk (1c)  <i>ca= 645 cb=118 so=676</i>	13 Meatball Sub & WG Bun (1.8m, 5 meatballs, 1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing Fresh Melon (1/2c) Milk (1c)  <i>ca= 600 cb=75 so=1211</i>	14 Tony's Pizza (2m, 2wg, 1/8r) Beef Peperoni Celery (3/4o) Ranch Fresh Pineapple (1/2c) Milk (1c)  <i>ca= 625 cb=88 so=1131</i>
17 President's Day	18 Mexican Chicken & Rice (2m) Salsa (1/4r) Carrot Sticks (1/2r) WG Nacho Chips (1wg) Whole Apple (1/2c) Milk (1c)  <i>ca= 610 cb=102 so=985</i>	19 WG Chicken Nuggets (2m, 1wg) Ketchup Corn (3/4s) Dinner Roll (1wg) Fresh Melon (1/2c) Milk (1c)  <i>ca=615 cb=94 so=854</i>	20 Meatballs & Spaghetti (1.8m, 5 meatballs, 1/4r marinara) WG Pasta (1/4wg) Carrot Sticks (1/2r) Fresh Pineapple (1/2c) WG Roll (1wg) Milk (1c)  <i>ca= 635 cb=66 so=1035</i>	21 Bosco Sticks -2 (2m, 2wg) Marinara (1/8r) Broccoli (3/4g) Ranch Dressing Whole Apple (1/2c) Milk (1c)  <i>ca= 605 cb=104 so=855</i>
24 Hamburger Patty & WG Bun (2m, 1.75wg) Ketchup Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c)  <i>ca= 625 cb=111 so1106</i>	25 Meatballs, Mashed Potatoes & Gravy (1.8m, 5 meatballs, 3/4s) WG Dinner Roll (1wg) Fresh Pineapple (1/2c) Milk (1c)  <i>ca= 617 cb=80 so1223</i>	26 Sloppy Joe (2m, 1/4r) WG Bun (1.75wg) Hash Brown (1/4s) Carrot Sticks (1/2r) Ranch Fresh Melon (1/2c) Milk (1c)  <i>ca= 644 cb=84 so=1205</i>	27 WG Chicken Nuggets (2m, 1wg) Ketchup Green Beans (3/4o) WG Bear Grahams (1wg) Fresh Melon (1/2c) Milk (1c)  <i>ca= 615 cb=93 so=854</i>	28 Tony's Pizza (2m, 2wg, 1/8r) Beef Peperoni Broccoli (3/4g) Ranch Fresh Melon (1/2c) Milk (1c)  <i>ca= 625 cb=90 so=1224</i>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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