


Shepaug Valley School Lunch Menu

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk Served Daily: Fat Free Chocolate Skim 1% Ala cart Milk Price	Daily Alternate: Large Salad Hummus & Vegetable Assorted Sandwiches Assorted Wraps				1 WG Personal Pizza Raw Baby Carrots Chickpea Salad Chilled Mixed Berries 100% Fruit Juice Milk Choice	2
3	4 WG Chicken Nuggets Seasoned WG Noodle Steamed Carrots Chilled Pears Milk Choice	5 Pork Rib A Que on WG Roll Sweet Potato Fries Coleslaw Chilled Peaches Milk Choice	6 Totally Tacos w/Salsa/ Sour Cream Brown Rice Black Bean & Corn Chilled Fruit Cocktail Milk Choice	7 French Toast Sticks Syrup Sausage Patty Seasoned Potatoes Chilled Applesauce 100% Fruit Juice Milk Choice	8 WGR French Bread Pizza Raw Baby Carrots Chickpea Salad Fresh Orange 100% Fruit Juice Milk Choice	9
10	11 Cheese Burger On WG Roll Mashed Potato /Gravy Steamed Corn Chilled Peaches Milk Choice	12 Cheese Calzone Marinara Sauce Broccoli Salad Chilled Applesauce 100% Fruit Juice Milk Choice	13 WG Popcorn Chicken Seasoned Noodles Steamed Green Beans Chilled Mixed Berries Milk Choice	14 WG Fish Fillet /Roll Oven Potatoes Fries Cole slaw Chilled Pears Valentine Cookie Sweet Heart Ice Milk Choice	15 WG Stuffed Crust Pizza Chickpea Salad Raw Baby Carrots Chilled Fruit Cocktail Milk Choice	16
17		19 No School PDD	20 Breaded Mozzarella Stick W/ Sauce Steamed Corn W Wheat Bread Stick Chilled Peaches Milk Choice	21 WG Penne Pasta & Ground Beef Steamed Broccoli WG Garlic Knot Chilled Applesauce 100% Fruit Juice Milk Choice	22 French Bread Pizza Cucumber Slices Chickpea Salad Fresh Banana 100% Fruit Juice Milk Choice	23
24	25 Teriyaki Dippers Seasoned Brown Rice Steamed Broccoli WG Dinner Roll Chilled Fruit Cocktail 100% Fruit Juice Milk Choice	26 WG Chicken Quesadilla Salsa/FF Sour Cream Black Bean Corn Salad Chilled Mixed Berries Milk Choice	27 Cheese Burger WGR Hamburger Roll Sweet Potato Fries Pickled Beets Chilled Pears Milk Choice	28 WG Cheese Calzone Marinara Sauce Steam Mix Vegetable Chilled Peaches Milk Choice		Daily Price of Lunch: Full Price: 3.00 Reduced : .40 Adult Lunch Price: 3.75