

# Larson, Boulan, & Smith Lunch Menus



February 2018



# TRADITIONS

## FEBRUARY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>28<sup>th</sup> – 1<sup>st</sup></b>	Orange Chicken with Brown Rice and Asian Vegetables	Macaroni and Cheese with Dinner Roll <b>V</b> and Steamed Broccoli	Chicken Quesadilla with Mexican Black Beans <b>V</b>	Chicken Nuggets with Dinner Roll and Mashed Potatoes and Gravy	French Toast <b>V</b> with Turkey Sausage and Hash Brown Patties
<b>4<sup>th</sup>-8<sup>th</sup></b>	Oven Roasted Chicken with Macaroni and Cheese and Broccoli	Steak Fajitas with Refried Beans	Early Release Day  No Lunch	Cheese <b>V</b> or Pepperoni Stromboli with California Vegetable Blend	Baked Penne with Green Beans and a Dinner Roll <b>V</b>
<b>11<sup>th</sup> - 15<sup>th</sup></b>	General Tso's Chicken with Fried Rice and Asian Vegetables	Cheese Quesadilla with Taco Black Beans <b>V</b>	Beefy Macaroni with Dinner Roll and Roasted Carrots	Chicken Nuggets with Corn and a Dinner Roll	Pulled Pork Mac and Cheese with Green Beans
<b>18<sup>th</sup> – 22<sup>nd</sup></b>	Mid-Winter Recess	Mid-Winter Recess	Chili Baked Potatoes with Dinner Roll	Buffalo Chicken Macaroni & Cheese with Steamed Broccoli	Waffles <b>V</b> with Turkey Sausage and Tater Tots
<b>25<sup>th</sup> – 1<sup>st</sup></b>	Orange Chicken with Brown Rice and Asian Vegetables	Macaroni and Cheese with Dinner Roll <b>V</b> and Steamed Broccoli	Early Release Day  No Lunch	Chicken Nuggets with Dinner Roll and Mashed Potatoes and Gravy	French Toast <b>V</b> with Turkey Sausage and Hash Brown Patties

Each meal meets USDA meal requirements for grades 6-8 with a minimum of 1 oz M/MA, 1 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a **V** are vegetarian. Many of our other daily specials have the option to be made **vegetarian**, just ask!



**HONOR ROLL**

# FEBRUARY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>EVERYDAY OPTIONS:</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>✓</b> Crispy/Spicy Chicken Patty Bosco Sticks <b>✓</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>✓</b> Crispy/Spicy Chicken Patty Bosco Sticks <b>✓</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>✓</b> Crispy/Spicy Chicken Patty Bosco Sticks <b>✓</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>✓</b> Crispy/Spicy Chicken Patty Bosco Sticks <b>✓</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>✓</b> Crispy/Spicy Chicken Patty Bosco Sticks <b>✓</b>
<b>28th – 1st</b>	Grilled Cheese Sandwich	Chicken Philly	Meatball Sub	Hot Dog	Chicken Club
<b>4th-8th</b>	Philly Cheese Steak Sandwich	Chicken Parm Sandwich	Early Release Day No Lunch	Pulled Pork Sandwich	Chicken Cordon Blue Sandwich
<b>11th-15th</b>	Grilled Cheese Sandwich	Chicken Philly	Meatball Sub	Hot Dog	Chicken Club
<b>18th – 22nd</b>	Mid-Winter Recess	Mid-Winter Recess	Bacon Cheeseburger	Pulled Pork Sandwich	Chicken Cordon Blue Sandwich
<b>25th – 1st</b>	Grilled Cheese Sandwich	Chicken Philly	Early Release Day No Lunch	Hot Dog	Chicken Club

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# FEBRUARY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>EVERYDAY OPTIONS:</b>	Cheese Pizza <b>V</b> Pepperoni Pizza	Cheese Pizza <b>V</b> Pepperoni Pizza	Cheese Pizza <b>V</b> Pepperoni Pizza	Cheese Pizza <b>V</b> Pepperoni Pizza	Cheese Pizza <b>V</b> Pepperoni Pizza
<b>28<sup>th</sup> – 1<sup>st</sup></b>	<b>Mac &amp; Cheese Pizza</b>	<b>Sausage Pizza</b>	<b>Buffalo Chicken Pizza</b>	<b>Meatball Calzone</b>	<b>Margherita Pizza</b>
<b>4<sup>th</sup>-8<sup>th</sup></b>	<b>BBQ Chicken Pizza</b>	<b>Meatlover's Calzone</b>	<b>Early Release Day No Lunch</b>	<b>Sausage Pizza</b>	<b>Breakfast Pizza</b>
<b>11<sup>th</sup>-15<sup>th</sup></b>	<b>Buffalo Chicken Pizza</b>	<b>Sausage Pizza</b>	<b>Surpreme Pizza</b>	<b>Sausage Calzone</b>	<b>Chicken Spinach Alfredo</b>
<b>18<sup>th</sup> – 22<sup>nd</sup></b>	<b>Mid-Winter Recess</b>	<b>Mid-Winter Recess</b>	<b>Bruschetta Pizza</b>	<b>Sausage Pizza</b>	<b>Chicken Bacon Ranch Pizza</b>
<b>25<sup>th</sup> – 1<sup>st</sup></b>	<b>Mac &amp; Cheese Pizza</b>	<b>Sausage Pizza</b>	<b>Early Release Day No Lunch</b>	<b>Meatball Calzone</b>	<b>Margherita Pizza</b>

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# FAST TAKES

# FEBRUARY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>28<sup>th</sup> – 1<sup>st</sup></b>	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad <b>V</b>	Buffalo Chicken Wrap American Style Sub Ham and Cheese Chicken Caesar Salad Garden Salad <b>V</b>	Turkey Bacon Club Wrap Turkey and Cheese Turkey Bacon Club Sub Buffalo Chicken Salad Garden Salad <b>V</b>	Italian Sub Italian Wrap Ham and Cheese Chef Salad Garden Salad <b>V</b>	Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad <b>V</b>
<b>4<sup>th</sup> - 8<sup>th</sup></b>	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad <b>V</b>	American Wrap Ham and Cheese American Sub Chicken Caesar Salad Garden Salad <b>V</b>	Early Release Day No Lunch	Crispy Chicken Wrap Ham and Cheese American Sub Chef Salad Garden Salad <b>V</b>	Chicken Bacon Wrap Italian Sub Turkey and Cheese Fajita Chicken Salad Garden Salad <b>V</b>
<b>11<sup>th</sup> - 15<sup>th</sup></b>	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad <b>V</b>	Buffalo Chicken Wrap American Style Sub Ham and Cheese Chicken Caesar Salad Garden Salad <b>V</b>	Turkey Bacon Club Wrap Turkey and Cheese Turkey Bacon Club Sub Buffalo Chicken Salad Garden Salad <b>V</b>	Italian Sub Italian Wrap Ham and Cheese Chef Salad Garden Salad <b>V</b>	Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad <b>V</b>
<b>18<sup>th</sup> – 22<sup>nd</sup></b>	Mid-Winter Recess	Mid-Winter Recess	Buffalo Chicken Wrap Turkey and Cheese Ham and Cheese Sub Crispy Chicken Salad Garden Salad <b>V</b>	Crispy Chicken Wrap Ham and Cheese American Sub Chef Salad Garden Salad <b>V</b>	Chicken Bacon Wrap Italian Sub Turkey and Cheese Fajita Chicken Salad Garden Salad <b>V</b>
<b>25<sup>th</sup> – 1<sup>st</sup></b>	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad <b>V</b>	Buffalo Chicken Wrap American Style Sub Ham and Cheese Chicken Caesar Salad Garden Salad <b>V</b>	Early Release Day No Lunch	Italian Sub Italian Wrap Ham and Cheese Chef Salad Garden Salad <b>V</b>	Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad <b>V</b>

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