



## Elementary Lunch Menu February 2020

**Student Lunch \$2.80 \*\* Reduced Price \$0.40 \*\* Adult \$4.00**

There's no question that Gen Z students are quickly becoming the "snacking generation". With school, sports and other extra-curricular activities, students need both healthy meals and snacks that will keep them energized all day. This month, students will learn to create healthy snacks with the [Chartwells K12](#) Discovery Kitchen in their cafeteria. February's focus on Smart Snacking will teach students about making smart snacking choices and incorporating healthy snacks and meals into their busy schedules.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3-Feb</b> <b>Lucky Tray Day!</b> Sloppy Joe Potato Wedges Fruit and Vegetable Bar Assorted Milk	<b>4-Feb</b> BBQ Chicken Served w/ mashed potatoes, dinner roll & cinnamon glazed carrots Fruit and Vegetable Bar Assorted Milk	<b>5-Feb</b> Spaghetti & Meatballs Savory Green Beans & Dinner Roll Fruit and Vegetable Bar Assorted Milk	<b>6-Feb</b> Pepperoni Pizza Seasoned Carrots Fruit and Vegetable Bar Assorted Milk	<b>7-Feb</b> Turkey & Cheese Stromboli Seasoned Corn Fruit and Vegetable Bar Assorted Milk
<b>10-Feb</b> <b>Lucky Tray Day!</b> Soft Beef Taco Seasoned Wedges Fruit and Vegetable Bar Assorted Milk	<b>11-Feb</b> French Toast Sticks w/ Maple Syrup Sausage Patty & Fruit and Vegetable Bar Assorted Milk	<b>12-Feb</b> Grilled Cheese Sandwich Tomato Soup Fruit and Vegetable Bar Assorted Milk	<b>13-Feb</b> <b>Booklyn Style Pepperoni Pizza</b> Fruit and Vegetable Bar Assorted Milk	<b>14-Feb</b> Cheese Quesadilla Mexi Corn Fruit and Vegetable Bar Assorted Milk
<b>17-Feb</b> No School Presidents Day	<b>18-Feb</b> <b>Pancake Day!</b> Pancakes w/Maple Syrup Sausage Patty Scrambled Eggs, Fruit and Vegetable Bar Assorted Milk	<b>19-Feb</b> Chicken Alfredo Savory Green Beans & Dinner Roll Fruit and Vegetable Bar Assorted Milk	<b>20-Feb</b> Homemade Cheese Pizza Seasoned Peas Fruit and Vegetable Bar Assorted Milk	<b>21-Feb</b> BBQ Pulled Pork Sandwich <b>Carolina Slaw</b> Assorted Milk
<b>24-Feb</b> <b>Cheese Burger</b> Boston Baked Beans Fruit and Vegetable Bar Assorted Milk	<b>25-Feb</b> <b>Power Pak: Turkey, Ham, Cheese, Dinner Roll, Chips &amp; Cucumber</b> Fruit and Vegetable Bar Assorted Milk 	<b>26-Feb</b> Homemade Cheese Pizza Seasoned Peas Fruit and Vegetable Bar Assorted Milk	<b>27-Feb</b> <b>Shepherds Pie</b> Served w/ mashed potatoes, dinner roll & steamed peas Fruit and Vegetable Bar Assorted Milk	<b>28-Feb</b> Parfait: Vanilla Yogurt, Homemade Granola & Fruit Fruit and Vegetable Bar Assorted Milk

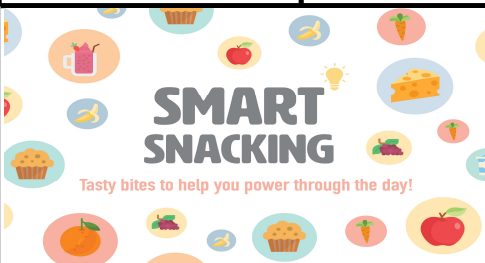
**A full student lunch includes a choice of entrée supplying protein and whole grain, up to three (3) vegetable side dishes, one (1) fruit side dish, and milk. Milk choices include 1% white and skim chocolate. A cold vegetable and fruit bar is available daily on which we feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices. We also offer at least one hot vegetable daily on our serving line.**

Mondays Alt Entrées	Tuesdays Alt Entrées	Wednesdays Alt Entrées	Thursdays Alt Entrées	Fridays Alt Entrées
Corn Dog Tuna Sub	Cheese Pizza Deli Sandwich	Beef Nachos with Cheese Sauce Chicken Caesar Wrap	Chicken Nuggets Fun Lunch: Cereal & Yogurt Fun Lunch	Hot Dog Deli Sandwich

### Daily Fruit and Vegetable Bar Offerings

Tossed Salad Fresh Baby Carrots Power Peas  Fresh Fruit Chilled Fruit	Romaine & Spinach Salad Broccoli Florets Roasted Garbanzo Beans  Fresh Fruit Chilled Fruit	Tossed Salad Fresh Baby Carrots Corn Salad with Ranch  Fresh Fruit Chilled Fruit	Romaine & Spinach Salad  Broccoli Florets  Fresh Fruit Chilled Fruit	Tossed Salad Fresh Baby Carrots Cucumber Apple Salad  Fresh Fruit Chilled Fruit
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Fresh fruit is a naturally sweet and portable snack that contains a variety of vitamins and minerals to keep your mind sharp during the school day.



Satisfying and nutritious snacks often contain more than one food group. Creating snacks with a combination of fruits, vegetables, whole grains and proteins such as string cheese with veggies, and a whole wheat pita with hummus, will help you keep going on busy days.

This Institution is an equal opportunity provider.

View your menu online at:  
[lakeland272.nutrislice.com](http://lakeland272.nutrislice.com)