

FEBRUARY 2024

Caston School Corporation

LUNCH



School Information: K-5 Lunch \$3.50, 6-12 Lunch \$3.75, and Reduced \$.40
Alternates are **ONLY** available to Jr & High School Students



February is American Heart Month. Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**This institution is an equal opportunity provider*

** Menu is subject to change without notification*

Hot Ham & Cheese Snd, Potato Wedges, Broccoli, Fruit Cocktail, **Canned Fruit (6-12)**, and Milk
Alternate: Pork Rib on Bun

Pepperoni Pizza, Green Beans, Cherry Tomatoes, Orange Slices, **Canned Fruit (6-12)**, and Milk
Alternate: Ham & Cheese Sub

Taco Burger, **Tortilla Chips (6-12)**, Salsa, Chopped Romaine, Refried Beans, Peaches, **Canned Fruit (6-12)**, and Milk
Alternate: Popcorn Chicken

Turkey & Cheese Sub, Green Lettuce Leaf, Tomato Slice, Sweet Potato Fries, Mixed Fruit, **Canned Fruit (6-12)**, and Milk

Alternate: Hamburger on Bun

Country Fried Steak, **Roll w/Jelly (6-12)**, Mashed Potatoes, Gravy, Broccoli, Pineapple, **Canned Fruit (6-12)**, and Milk

Alternate: Cheese Pizza

Sweet & Sour Chicken, Seasoned Rice, Fortune Cookie, Mandarin Oranges, Asian Melody, Tropical Fruit, **Canned Fruit (6-12)**, and Milk
Alternate: Yogurt & Blueberry Oat Muffin Plate

Super Nachos, Romaine Lettuce, Lentils, Salsa, Mixed Fruit, **Canned Fruit (6-12)**, and Milk
Alternate: Chicken Crispito

Cheese Breadsticks w/Marinara Sauce, Corn, Green Beans, Sliced Pears, **Canned Fruit (6-12)**, and Milk
Alternate: Grilled Chicken Snd

Pulled Pork Snd, Creamy Cole Slaw, Baked Beans, Strawberries, **Canned Fruit (6-12)**, and Milk

Alternate: Hamburger on Bun

Rock and Roll Beef Wrap, Carrots, Pineapple, **Cherry Crisp (6-12)**, **Canned Fruit (6-12)**, and Milk

Alternate: Cheese Pizza

Presidents' Day

Baked Chicken Drumstick, Savory Rice, Roll, Broccoli, Cherry Tomatoes, Mango Chunks, **Canned Fruit (6-12)**, and Milk
Alternate: Fruit, Yogurt, & Granola Parfait

Sloppy Joe on Bun, Roasted Red Potatoes, Edamame, Apple, **Canned Fruit (6-12)**, and Milk
Alternate: Peanut Butter & Jelly Snd

Hamburger on Bun, Leaf Lettuce, Tomato Slice, Oven Fries, Red Bell Peppers, Orange Slices, **Canned Fruit (6-12)**, and Milk
Alternate: Turkey & Cheese Sub

Beef & Noodles, **Oat Muffin (6-12)**, Mashed Potatoes, Green Beans, Grapes, **Canned Fruit (6-12)**, and Milk
Alternate: Popcorn Chicken

Beef & Bean Burrito, **Tortilla Chips (9-12)**, Salsa, Mexican Corn, Banana, **Canned Fruit (6-12)**, and Milk
Alternate: Yogurt & Blueberry Oat Muffin Plate

Stromboli Squares, **Garlic Breadstick (9-12)**, Mixed Vegetables, Baby Carrots, Diced Peaches, **Fresh Fruit (6-12)**, and Milk
Alternate: Chicken Crispito

BBQ Beef on Bun, Snow Peas, Baked Beans, Fruit Salad, **Brownie (6-12)**, **Canned Fruit (6-12)**, and Milk
Alternate: Grilled Chicken Snd

Roast Beef & Cheese Sub, Lettuce Leaf, Tomato Slice, Sweet Potato Fries, Kiwi, **Canned Fruit (6-12)**, and Milk
Alternate: Hamburger on Bun