








# What's on the Menu?

## Pembroke, West Maple, Beverly, & Harlan February Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Be sure to check the Fruit &amp; Vegetable Bar Menu for a full list of what is being served!</i>				
<b>2#BrunchforLunch</b> Whole Grain Funfetti Pancakes, Syrup, & Turkey Sausage Link with Baked Tater Tots  National Tater Tot Day!!	3 Crispy Baked Chicken Nuggets with Baked Smiley Fries	4 Cheesy Garlic French Bread Pizza  Seasoned Green Beans	5 ½ DAY!!	6 Crispito Day!  Oven Baked Whole Grain Chicken & Cheese Crispito With Cheesy Refried Beans
<b>9#BrunchforLunch</b> Whole Grain Emoji Waffles and Cheddar Cheese Omelet With Baked Tater Tots	10 Flamebroiled Cheeseburger or Morningstar Veggie Burger with Romaine & Tomato Slices with Steamed Carrots	11 Whole Grain Breaded Pizza Crunchers with Marinara and Cheese with Steamed Peas	12  Smart Slice Cheese Pizza or Smart Slice Pepperoni Pizza	<b>13 Walking Taco</b> Walking Taco or Nachos With Baked Tortilla Chips, Ground Beef or Beans, Cheddar Cheese, Romaine, and Tomatoes with Steamed Corn
16 	17 	18 	19 	20 
<b>23#BrunchforLunch</b> Emoji Brunch! Chicken & Waffles with Special Emoji Shaped Waffles with Baked Smiley Fries	24 Chicken Meatballs with Gravy Served with Mashed Potatoes	25 Baked, Whole Grain Chicken Tenders With Dipping Sauce with Roasted Cinnamon Carrots	26  Smart Slice Cheese Pizza or Smart Slice Pepperoni Pizza	27 Mini Chicken Corndogs with Steamed Corn
Cold Lunch Choice				
Garden Salad with Cheese and Whole Grain Breadstick	Graham Cracker, String Cheese, and Rainbow Yogurt	Garden Salad with Cheese and Whole Grain Breadstick	Graham Cracker, String Cheese, and Rainbow Yogurt	Garden Salad with Cheese and Whole Grain Breadstick






All lunch Choices include ALL fruits & vegetables offered on regular menu and our Fruit & Vegetable Bar

This Institution is an equal opportunity provider.

# Serving up happy & healthy

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## Daily Fruit & Vegetable Bar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cantaloupe Cubes Mandarin Oranges Baby Carrots Broccoli Garbanzo Beans Assorted Fresh Fruit & Veggies	<b>3</b> Orange Wedges Pineapple Tidbits in 100% Juice Garden Salad with Homemade Croutons Cherry tomatoes Assorted Fresh Fruit & Veggies	4 Homemade J-E-L-L-O with Mixed Fruit Blueberries Cucumber Coins Baby Carrots Assorted Fresh Fruit & Veggies	5 <b>½ DAY!!</b>	6 Kiwi Wedges Mandarin Oranges Roasted Garbanzo Beans Sugar Snap Peas Assorted Fresh Fruit & Veggies
9 Clementines 100% Apple Juice Baby Carrots Cauliflower Florets Assorted Fresh Fruit & Veggies	10 <i>Toppings for entree:</i> Sliced Tomatoes & Romaine Honeydew Cubes Diced Peaches in 100% Juice Bell Pepper Strips Assorted Fresh Fruit & Veggies	11 Red and/or Green Grapes Frozen Peach Cups 100% Juice Cucumber Coins Baby Carrots Assorted Fresh Fruit & Veggies	12 Natural Applesauce Strawberry Craisins Baby Carrots Grape Tomatoes Assorted Fresh Fruit & Veggies	13 <i>Toppings for entree:</i> Diced Tomatoes & Chopped Romaine Strawberries Pineapple Tidbits in 100% Juice Cauliflower Florets Assorted Fresh Fruit & Veggies
16 	17 	18 	19 	20 
23 Orange Wedges 100% Apple Juice Cucumber Coins Baby Carrots Assorted Fresh Fruit & Veggies	24 Blueberries Diced Peaches in 100% Juice Cherry Tomatoes Celery Sticks Assorted Fresh Fruit & Veggies	25 Strawberries Cinnamon Apple Slices Celery Sticks Cucumber Coins Assorted Fresh Fruit & Veggies	26 Natural Applesauce Strawberry Craisins Baby Carrots Grape Tomatoes Assorted Fresh Fruit & Veggies	28 Clementines Roasted Chickpeas Strawberries Bell Pepper Strips Assorted Fresh Fruit & Veggies

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