



Hot Lunch Coordinator:
Lorie Bourne MS,RD,LD,CNSC
loriebourne@yahoo.com
Milk: \$0.15 Meal: \$3.00



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Chicken tenders **1**
French fries
Grilled asparagus
Canned apricot halves

Groundhog day **2**
Early Dismiss
No Lunch

Shepherd's pie **5**
Fresh Snow peas
Wheat roll
Orange slices

Hard shell beef taco **6**
Refried beans
Spanish rice
Canned pineapple

Oven fried chicken thigh **7**
Corn bread
Yellow squash
Canned peaches

Supreme pizza **8**
Tossed salad
Applesauce
Chocolate pudding

Crispy Fish taco **9**
Coleslaw
Dirty rice
Canned pears

Sweet and sour chicken **12**
Vegetable fried rice
Wheat roll
Jell-o with fruit

Chicken Fajita **13**
Refried beans
Cilantro lime rice
Grapes

Ash Wednesday **14**
Macaroni and cheese
Green peas
Wheat roll
Canned mandarin oranges

Hot dog **15**
Baked beans
Carrots sticks and dip
Canned pineapple

Little Caesars Pizza **16**
3 slices of Cheese pizza
2 Breadsticks
Canned peaches

Penne Pasta with meatballs **19**
Marinara Sauce
Steamed broccoli
Wheat roll
Canned mandarin oranges

Chili **20**
Cornbread
Raw veggies and dip
Canned apricot halves

Grilled chicken sandwich **21**
French fries
Tossed salad
Banana

BBQ chicken **22**
Roasted Corn
Green beans
Fruit cocktail

Little Caesars Pizza **23**
3 slices of Cheese pizza
2 Breadsticks
Applesauce

Corn dog **26**
American macaroni salad
Broccoli
Grilled Pineapple slice

Soft shell beef taco **27**
Refried beans
Chips and salsa
Canned peaches

Meatballs in marinara sauce **28**
Spaghetti
Peas and carrots
Bread stick
Canned pears

