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| **February 2019**  Child’s Name  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Classroom   |  |  |  |  | | --- | --- | --- | --- | | **Date** | **1** | **2** | **3** | | **Feb 4** |  |  |  | | **Feb 5** |  |  |  | | **Feb 6** |  |  |  | | **Feb 7** |  |  |  | | **Feb 8 \*\*** |  |  |  | | **Feb 11** |  |  |  | | **Feb 12** |  |  |  | | **Feb 13** |  |  |  | | **Feb 14** |  |  |  | | **Feb 15 \*\*** |  |  |  | | **Feb 18** |  |  |  | | **Feb 19** |  |  |  | | **Feb 20** |  |  |  | | **Feb 21** |  |  |  | | **Feb 22 \*\*** |  |  |  | | **Feb 25** |  |  |  | | **Feb 26** |  |  |  | | **Feb 27** |  |  |  | | **Feb 28** |  |  |  | | **Mar 1 \*\*** |  |  |  |   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 4  Pasta w/Turkey Bolognese Sauce, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 5  Breakfast for Lunch--Sweet Potato Pancakes, Eggs, Fresh Fruit  Baked Ziti, Roasted Seasonal Veggies, Garlic Bread, Fresh Fruit  Pasta w/Olive Oil, Garlic Bread, Roasted Seasonal Veggies, Fresh Fruit | 6  Turkey & Cheese Enchiladas, Rice & Beans, Fresh Fruit  Cheese Enchiladas, Rice & Beans, Fresh Fruit  Grilled Cheese, Roasted Veggies, Fresh Fruit | 7  BBQ Chicken, Baked Beans, Corn Bread, Fresh Fruit  BBQ Chicken Sandwich, Baked Beans, Corn Bread, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 8  Pulled Beef & Cheese Nachos, Black Beans, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| 11  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Veggies, Fresh Fruit  Rigatoni Genovese w/Chicken, Roasted Veggies, Fresh Fruit | 12  Roasted Chicken w/Smashed Potatoes, Roasted Sweet Peas, Fresh Fruit  Cheese Lasagna, Roasted Sweet Peas, Fresh Fruit  Pasta w/Olive Oil, Roasted Sweet Peas, Fresh Fruit | 13  Arroz con Pollo, Baked Plantains, Fresh Fruit  Marinated Chicken, Baked Plantains, Brown Rice, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 14  Lean Beef Burgers, Roasted Veggies, Fresh Fruit  Lean Beef Meatballs w/Tomato Sauce, Roll, Roasted Veggies, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 15  Baked Fish Sticks w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |

Meals x $4.50 =

Paid by: check # or cash

1. Check off your child’s lunch order for each day (select a meal)
2. Every day you have the option of Water, Milk, or Chocolate Milk.
3. Each meal is **$4.50**. A full menu for the month is **$85.50**
4. Tear off and return the completed form by **Wednesday January 23rd.**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 18  **NO YUMMY LUNCHES**  **President’s Day** | 19  Penne w/Low Fat Alfredo Sauce w/Chicken, Roasted Veggies, Fresh Fruit  Baked Chicken Nuggets, Glazed Carrots, Fresh Fruit  Baked Quorn Nuggets, Glazed Carrots, Fresh Fruit | 20  Sweet & Sour Chicken w/Veggie Fried Rice, Steamed Edamame, Fresh Fruit  Sweet & Sour Tofu w/Veggie Fried Rice, Steamed Edamame, Fresh Fruit  Grilled Cheese, Steamed Edamame, Fresh Fruit | 21  Turkey Meatballs w/Tomato Sauce, Roll, Roasted Seasonal Veggies, Fresh Fruit  Veggie Crumble Meatballs w/Tomato Sauce, Roll, Roasted Seasonal Veggies, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 22  Chicken Chop w/Saffron Yellow Rice, Black Beans, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| 25  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Veggies, Fresh Fruit  Pasta w/Sirloin & Mushroom Sauce, Roasted Seasonal Veggies, Fresh Fruit | 26  Maple Mustard Glazed Sliced Turkey, Roasted Sweet Potato Fries, Roll, Fresh Fruit  Cheese Tortellini w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit  Cheese Tortellini w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 27  “Make Your Own Yummy...” Chicken Fajitas, Brown Rice, Black Beans, Fresh Fruit  “Make Your Own Yummy...” Tofu Fajitas, Brown Rice, Black Beans, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 28  Baked Fish Cakes w/Slaw (on the side), Roasted Veggies, Fresh Fruit  Breaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Veggies, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 1  Beef Gyro w/Tzatziki, Sautéed Peppers, Tomatoes & Onions, Veggie Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |