

# February 2018 Lunch Menu

**Monday**

**Tuesday**

**Wednesday**

**Thursday**



No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every lunch.

"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50% whole grains. "WW" means "Whole Wheat" and specifies that the item contains 100% whole wheat.

1  
 WGR English Muffin Pizza w/ Hot Pizza Sauce, Cheese, Smoked Turkey, Pineapple, Olives, Mushrooms, Red Pepper

## Did You Know...

Cabbage is one of the oldest vegetables in existence and a dietary staple throughout the world.

Cabbage is high in fiber, vitamin C, vitamin K, and naturally fat free and cholesterol free.

Cabbage can be steamed, boiled, braised, microwaved, stuffed, stir-fried, or eaten raw.




Look for the cabbage image on the menu to find new ways to serve cabbage at home!


Ask your child about the fun things they learned about cabbage in their class this month!



*This institution is an equal opportunity provider.*

5  
 Cheesy Lentil Broccoli Cauliflower Chowder  
 WW Roll  
 Fruit Salad

6  
 3-Cheese WGR Vegetable Lasagna w/ Cabbage  
 Banana 

7  
 Un-fried Brown Rice with Scrambled Egg, Peas, Carrots, and Cabbage  
 Pineapple 

8  
 Tuna Sandwich on WW Bread  
 Kiwi  
 Cucumber Rounds  
 Ranch Dip

12  
 Minestrone Soup w/ Kidney Beans, Corn, Celery Tomatoes  
 Hard Boiled Egg  
 WGR Crackers  
 Pears

13  
Taco Tuesday!  
 Beef, Beans, Salsa, Cheddar Cheese, Lettuce, WGR  
 Tortillas  
 Oranges

14  
 Cowboy Mac w/ WW Pasta, Beans, Veggies, Cheese, & Tomato Sauce  
 Banana

15  
 Asian Salad w/ Rice Noodles, Napa Cabbage, Chicken, Broccoli, Sesame Dressing  
 Oranges 

19  
**NO SCHOOL**

20  
 Tomato Zucchini Soup w/ Basil  
 Cheese Sandwich on Pretzel Roll w/ Honey Mustard Spread  
 Sliced Apples

21  
 Chicken Pot Pie on Biscuit w/ Peas and Carrots  
 Banana

22  
 Green Salad w/ Purple Cabbage  
 Zesty Ranch Dressing  
 WGR Breadstick  
 Hard Boiled Egg  
 Melons 

26  
 Split Pea Soup  
 WGR Saltine Crackers  
 Carrot Sticks  
 Pears

27  
 Turkey and Cheese Sandwich on WGR Bread  
 Spinach Slaw w/ Apple Berry Dressing  
 Kiwi 

28  
 Black Bean and Broccoli Chili  
 Cheddar Corn Bread  
 Fruit Cocktail