

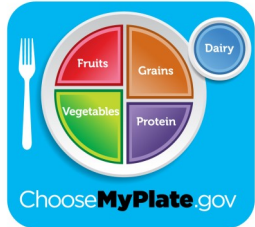
February 2019 Lunch Menu

Tuesday

Wednesday

Thursday

Friday



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 Pita Bread,
 Hummus
 Cucumber Rounds
 Cheese Stick
 Orange Slices

5

BYO Pizza Day
 (Pizza Sauce,
 Cheese, Turkey,
 Pineapple, Olives,
 WGR English Muffin)

6

Southwest Chili
 (Beans, Carrots,
 Corn, Bell Pepper)
 WGR Roll
 Mini Apples

7

Spaghetti
 (WGR Pasta, Ground
 Beef, Red Sauce,
 Cheese) Green Salad
 w/ Purple Cabbage +
 Dressing
 Mandarin Oranges

8

Egg Salad Sandwich
 On WGR Bread
 Carrot Sticks w/ Dip
 Kiwi

12

Minestrone Soup
 (Cabbage, Carrots,
 Broccoli, Green
 Beans)
 Hard Boiled Egg
 WGR Breadstick
 Orange Slices

13

Baked Ziti/Rotini
 (WGR Pasta, Light
 Tomato Sauce, Spin-
 ach, Cheese)
 Broccoli w/ Dip
 Pears

14

Fish Tacos
 (Fish, Tartar Sauce,
 WGR Tortilla)
 Coleslaw,
 Pineapple Tidbits

15

Bean and Rice bowl
 (Beans, Brown Rice,
 Corn, Peppers, On-
 ion, Salsa, Shredded
 Cheese)
 Peaches

19

Tomato Basil Soup
 (Tomato, Zucchini),
 Cheese Sticks
 WGR Breadstick
 Mandarin Oranges

20

BYO Taco Day
 (Ground beef,
 Beans, Salsa,
 Cheese, Lettuce,
 Corn Tortillas)
 Applesauce

21

Pulled Chicken
 WGR Pretzel Bun
 w/ BBQ sauce
 Cabbage slaw w/
 Vinaigrette
 Tropical Fruit

22

Turkey and Cheese
 Sandwich on WGR
 Bread
 Vegetables w/ Dip
 Bananas

26

Green Salad w/ Pur-
 ple Cabbage +
 Dressing, WGR
 Breadstick, Hard
 Boiled Egg
 Pineapple Tidbits

27

Tuna Salad Sand-
 wich on WGR Bread
 Vegetables + Dip
 Mixed Melon

28

Shepherd's Pie
 (Turkey, Potato, Peas
 & Carrots)
 WGR Roll
 Apple Quarters

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!

