

2019

On-Site Lunch

M T W T F

FEBRUARY

winter
WELLNESS WEEK
 february 4-8, 2019

				1 Potato Crusted Fish Yellow Rice Parsnips & Carrots <hr/> Cold Cut Combo Sub
4 Chicken Sandwich or Bean Burger Sweet Potato JoJos <hr/> Sunbutter Sandwich	5 Beef or Bean Nacho Grande Seasoned Corn <hr/> Beef or Bean Taco Salad	6 Chicken or Pasta Alfredo Green Beans <hr/> Deli Turkey & Cheese Sandwich	7 Turkey Lentil Tostada Slaw with Cilantro Lime Sauce, Daikon Radishes, Cherry Frozen Yogurt <hr/> Turkey Salami & Provolone on Hawaiian Bun	8 Cheese or Beef Pepperoni Pizza <hr/> Cold Cut Combo Sub
11 Chicken a la King with Biscuit <hr/> Bagel Yogurt Pack	12 Pancakes & Turkey Sausages Diced Potatoes <hr/> Chicken Caesar Salad	13 BBQ Meatballs Mac & Cheese Country Veg Blend <hr/> Deli Turkey & Cheese Sandwich	14 Garlic Cheese Bread Roasted Cauliflower <hr/> Turkey Salami & Provolone on Hawaiian Bun	15 <i>No School</i>
18 <i>No School</i>	19 Beef Hamburger or Bean Burger Tater Tots <hr/> Sunbutter Sandwich	20 Pasta with Marinara or Meat Garlic Toast <hr/> Deli Turkey & Cheese Sandwich	21 Arroz con Pollo Roasted Carrots <hr/> Turkey Salami & Provolone on Hawaiian Bun	22 Cheese or Beef Pepperoni Pizza <hr/> Cold Cut Combo Sub
25 Chicken Sandwich or Bean Burger Sweet Potatoes <hr/> Bagel Yogurt Pack	26 Beef or Bean Nacho Grande Seasoned Corn <hr/> Beef or Bean Taco Salad	27 Orange Chicken Fried Rice Broccoli <hr/> Turkey Bologna & Cheese Sandwich	28 Pancakes Cheese Omelet Roasted Potatoes <hr/> Turkey Salami & Provolone on Hawaiian Bun	March is National Nutrition Month!

Know Your Food

MEATLESS ENTREE AVAILABLE

CONTAINS FISH

FARM TO SCHOOL ITEM

JUNIOR IRON CHEF RECIPE

We use Whole Grains. Skim & 1% Milk is available

Salad Bar available daily!



This institution is an equal opportunity provider.



cws.mpls.k12.mn.us