

LUNCH

FEBRUARY 2018 Child Nutrition Program

PreK-Grade 8

Monday	Tuesday	Wednesday	Thursday	Friday
5 Grilled Cheese Sandwich Steamed Carrots, $\frac{1}{2}$ cup Potato Smiles, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	6 <i>Taco Tuesday</i> *Pork Taco on Soft Shell with Cheddar Cheese & Shredded Lettuce Red Kidney Beans, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	7 <i>Italian Day</i> Chicken Parmigiana On Baked Bun Steamed Broccoli, $\frac{1}{2}$ cup Fruit Cup, $\frac{1}{2}$ cup Choice of Milk	1 Mozzarella Sticks & Chicken Smackers COMBO! Bread Slice Steamed Broccoli, $\frac{1}{2}$ cup Fruit Cup, $\frac{1}{2}$ cup Choice of Milk	2 <i>Groundhog Day</i> Cheese Pizza Black Bean Salad, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk
12 Baked Mecononi & Cheese Cucumber Coins, $\frac{1}{2}$ cup Steamed Carrots, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	13 <i>Taco Tuesday</i> *Shredded Pork on Soft Shell Green Pepper Strips, $\frac{1}{2}$ cup Sweet Potato Fries, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	14 <i>Valentine's Day Lunch</i> ASH WEDNESDAY Potato Crusted Fish Patty Roasted Potato Wedges, $\frac{1}{2}$ cup Strawberry Fruit Cups, $\frac{1}{2}$ cup <small>Prepared on site. Allergens: Dairy, Eggs, Fish</small>	15 Chicken Smackers with Ketchup Bread Slice Vegetarian Beans, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	16 <i>Chinese New Year</i> Mandarin Orange Fish Nuggets Seasoned Brown Rice Steamed Broccoli, $\frac{1}{2}$ cup Chilled Peach Cup, $\frac{1}{2}$ cup Choice of Milk
19 NO SCHOOL	20 <i>Taco Tuesday</i> Turkey Taco on Soft Shell Black Bean Salad, $\frac{1}{2}$ cup Roasted Corn, $\frac{1}{2}$ cup Fruit Cup, $\frac{1}{2}$ cup Choice of Milk	21 <i>Build Your Own Burger!</i> Hamburger on Baked Bun American Cheese & Sliced Tomato Sweet Potato Fries, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	22 *Pork Meatballs & Rotini Pasta Steamed Green Beans, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	23 Cheese Pizza Steamed Broccoli, $\frac{1}{2}$ cup Carrot Strips, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk
26 Colby Cheese Omelet Wrapped in Soft Shell Sweet Potato Fries, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	27 Chicken and Cheese Quesadilla Steamed Carrots, $\frac{1}{2}$ cup Green Pepper Strips, $\frac{1}{2}$ cup Fresh Fruit, $\frac{1}{2}$ cup Choice of Milk	28 <i>Try Something New!</i> Chicken Fajita in Bread Bowl with Cheddar Cheese Black Bean Salad, $\frac{1}{2}$ cup Roasted Corn, $\frac{1}{2}$ cup Fruit Cup, $\frac{1}{2}$ cup Choice of Milk		

Available Daily
 Peanut Butter or Sun Butter & Jelly Sandwiches
 American Cheese Sandwiches
 A side salad (1 cup) of heavy dark green vegetable is offered daily.
 1/2 cup Fresh Fruit options will be offered daily.
 Select a fruit AND/OR vegetable with your sandwich.

You may also choose your choice of milk:
 Prickled Participants: Milk is available with every meal. Choose 1% Whole Milk or Fat Free White Milk daily.
 K-3 Participants: ONLY Fat Free Chocoflan Milk is available Tuesdays and Thursdays.
 ALL GRAIN PRODUCTS ARE WHOLE GRAIN.
 ALL FOOD ITEMS MEET USDA, NSLP/SEB REQUIREMENTS.
 *pork item will be substituted with a non-pork item to equate meat/meat alternative.



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
 Office of the Assistant Secretary for Civil Rights
 1400 Independence Avenue, SW
 Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.inmate@usda.gov.

This institution is an equal opportunity provider.