



We serve grab'n'go, pb&J + cheese stick, salad and fruit bar, milk and juice with every lunch meal.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



Cheese & Pep. Rippers 4

Stroganoff with Pasta  
Peas  
Roll 5

Chicken Fajita Wrap  
Spanish Rice  
Salsa 6

Zuppa Toscana  
(Potatoes, Sausages & Kale  
Soup)  
Ham & Cheese Sliders 7

French Toast Sticks  
Ham Patty 1

Chicken Bacon Ranch Wrap  
Chicken Caesar Wrap  
Chips Variety 8

Domino's Pizza Variety 11

Chicken Pesto or  
Ham Alfredo Pasta  
Broccolini 12

Yummy Turkey Roast  
Mashed Potatoes & Gravy  
Roll 13

Bean & Cheese Burrito  
Spanish Rice  
Salsa 14

Hawaiian Haystacks 15

**President's Day**  
**No school today.** 18

Chicken a Parmigiana  
(Chicken Parmesan)  
Spaghetti Marinara 19

**ACT TEST FOR 11<sup>TH</sup>**  
**GRADERS**  
\*Sack lunches 20

Pot Pie  
Biscuit 21

Croissant Chicken Sandwich  
Ham or Turkey Hoagie Sand.  
Special Merit Fries 22

Domino's Pizza Variety 25

Chicken Lo Main  
Peas 26

Tostadas 27

Country Fried Steak  
Mashed Potatoes & Country  
Gravy

