

# February 2019

## ELEMENTARY K-5 FEBRUARY HOT LUNCH

### LUNCH

Lunch Price: K-5 only \$1.75

Breakfast Price: K-5 only \$1.00

Save the hassle of remembering to give your child lunch money each day-prepay online or at school! **Set up an online account at: [myschoolbucks.com](http://myschoolbucks.com)**

*Menu items are subject to change without notice.  
This institution is an equal opportunity provider and employer.*

Lunch offerings include an entrée, whole grain items, fresh and cooked veggies, fresh and canned fruit, low fat white or non-fat chocolate milk at every meal. Students may take three, four or five of these items, but they must choose at least ½ cup of fruits or veggies and 2 full servings of the other food components.

Fresh baby carrots and hummus are available every day as a vegetable choice. Ketchup and mustard are available when applicable.

**Help Wanted:** *Nutrition Services is accepting applications for part time workers and substitutes.*

**Great hours for parents!** *Contact Nutrition Service Office for more info: 860-253-6509*

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Golden Baked Chicken Pattie! Jan. 28  
Chicken Pattie /Cheese  
Whole Wheat Bun  
Oven Baked French Fries  
Corn off the Cob  
Choice of Fruit

This Lunch is Twisted! Jan. 29  
*It's back due to student request!*  
Big Soft Twisted Pretzel  
Stringy Mozzarella Sticks  
Oven Baked Potato Puffs  
Crunchy Carrots/Hummus  
Choice of Fruit

Pasta Day Your Way! Jan. 30  
Pasta Meat Sauce  
Tossed Salad with Italian Dressing  
Grated Cheese Green Beans  
Whole Wheat Dinner Roll  
Choice of Fruit

Thanksgiving in January! Jan. 31  
Turkey and Gravy  
Mashed Potatoes  
Sweet Peas  
Whole Wheat Dinner Roll  
Choice of Fruit

My Fav- Mac and Cheese! 1  
Macaroni and Cheese  
Sweet Potato Fries  
Steamy Broccoli Spears  
Whole Wheat Dinner Roll  
Choice of Fruit

Oven Crispy Nuggets! 4  
Breaded Chicken Nuggets  
Oven Baked French Fries  
Whole Wheat Dinner Roll  
Corn off the Cob  
Choice of Fruit

These Dogs are Corny! 5  
Corn Dog (Turkey) Nuggets  
Oven Baked Potato Puffs  
Cooked Carrots  
Whole Wheat Roll  
Choice of Fruit

Pasta Day Your Way! 6  
Pasta Meat Sauce  
Tossed Salad with Italian Dressing  
Grated Cheese Green Beans  
Whole Wheat Dinner Roll  
Choice of Fruit

Mexican Taco Salad! 7  
Taco Chips & Taco Meat  
Cheddar Cheese Lettuce Cup  
Spicy Salsa Spanish Brown Rice  
Refried Beans  
100% Juice Sherbet or Fruit Cup

Crisp from the Oven! 8  
Breaded Mozzarella Sticks  
Marinara Sauce  
Oven Baked French Fries  
Steamy Broccoli Spears  
Whole Wheat Dinner Roll / Fruit

Chicken Teriyaki Nuggets! 11  
Teriyaki Chicken Nuggets  
Oriental Rice  
Corn off the Cob, Baby Carrots  
Whole Wheat Dinner Roll  
Fortune Cookie Choice of Fruit

Where's the Beef? 12  
Whole Wheat Bun  
Hamburger, American Cheese  
Oven Baked French Fries  
Honey Baked Beans  
Choice of Fruit

Pasta Day Your Way! 13  
Pasta Meat Sauce  
Tossed Salad with Italian Dressing  
Grated Cheese Green Beans  
Whole Wheat Dinner Roll  
Choice of Fruit

It's Breakfast for Lunch! 14  
MINI Maple Waffles  
Breakfast (Turkey)Sausage Link  
Oven Baked Potato Puffs  
Cooked Carrots  
Choice of Fruit

**NO SCHOOL** 15  
***\*\*Please monitor your child's meal account to make sure there are enough funds to purchase a meal. Set up an account & view for free @ [myschoolbucks.com](http://myschoolbucks.com)***

**NO SCHOOL** 18



**NO SCHOOL** 19

**\*\*Reminder:**  
**Grab and Go Breakfast is offered before the school day starts at all schools every school day!**

Pasta Day Your Way! 20  
Pasta Meat Sauce  
Tossed Salad with Italian Dressing  
Grated Cheese Green Beans  
Whole Wheat Dinner Roll  
Choice of Fruit

Meatball Sub Day! 21  
Meatballs and Sauce  
Grinder Roll, Grated Mozzarella Cheese  
Oven Baked French Fries  
Mixed Vegetables  
Choice of Fruit

The "MAX" Pizza! 22  
Cheesy Pizza Square  
Baby Carrots  
Steamy Broccoli Spears  
Chick Pea Salad  
Choice of Fruit

Golden Baked Chicken Pattie 25  
Chicken Pattie /Cheese  
Whole Wheat Bun  
Corn off the Cob  
Oven Baked French Fries  
Choice of Fruit

Ballpark Frank! 26  
Hotdog (Turkey) in a Bun  
Oven Baked French Fries  
Cooked Carrots  
Honey Baked Beans  
Choice of Fruit

Pasta Day Your Way! 27  
Pasta Meat Sauce  
Tossed Salad with Italian Dressing  
Grated Cheese Green Beans  
Whole Wheat Dinner Roll  
Choice of Fruit

It's a Wrap-Mexican Style 28  
Seasoned Chicken Fajita Strips  
Shredded Cheddar Cheese, Lettuce Cup  
Spicy Salsa Spanish Brown Rice  
Refried Beans 100% Juice Sherbet or Fruit Cup

March 1:  
Grilled Cheese Sandwich

