

# February K-8 Lunch Menu

2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu Subject to Change.</b>				
<b>Each meal served with choice of 1c 1% milk (12g) or 1c fat-free flavored milk (22g). Enjoy!</b>				
			<b>Homemade Meatballs 1</b> 4oz 100% juice (15) ¼ c Steamed broccoli (5) ½ c WG rotini (20) with ¼ c Spaghetti sauce, 1oz equ Meatballs, 1oz Mozzarella cheese	<b>Stir Fry Chicken 2</b> ½ c Diced pears (15) ¼ c Diced carrots (9) 2oz Roasted chicken with soy sauce over 1c Brown rice (45)
<b>Ham Cheese Sandwich 5</b> 4oz 100% juice (15) ¼ c Fresh baby carrots (9) 1.5oz Sliced turkey ham, 0.5oz American cheese on 2oz WG bread (26) Ranch packet	<b>Chicken Nuggets 6</b> ½ c Applesauce (15) ¼ c Hickory beans (30) 5 each WG chicken nuggets (12) (2oz meat, 1oz grain) 1oz WG graham crackers (18) BBQ packet	<b>Hamburger 7</b> ½ c Fresh banana (15) ¼ c Kernel corn (18) 2oz Beef patty on 2oz WG bun (24) Ketchup packet	<b>Korean Beef Bowl 8</b> 4oz 100% juice (15) ¼ c Green beans (5) 2oz Ground beef with sauce over 1c brown rice (45)	<b>Chicken Cacciatore 9</b> ½ c Diced pears (15) ¼ c Steamed broccoli 2oz Roasted chicken with cacciatore sauce over ¼ c Mashed potatoes (7) 1oz WG breadsticks (14)
<b>Sloppy Joe 12</b> 4oz 100% juice (15) ¼ c Sliced carrots (9) 2oz Ground beef with sauce on 2oz WG bun (24)	<b>Hot Dog 13</b> ½ c Applesauce (15) ¼ c Hickory beans (30) 2oz Turkey hot dog on 2oz WG hot dog bun (23) Ketchup packet	<b>Pancakes 'n Eggs 14</b> ½ c Fresh banana (15) ¼ c Tater tots (20) 2oz WG pancakes with 2oz Scrambled eggs Syrup cup	<b>Orange Chicken 15</b> 4oz 100% juice (15) ¼ c Steamed broccoli (5) 2oz Roasted chicken with orange sauce and water chestnuts 1oz WG dinner rolls (14)	<b>Meatloaf with Gravy 16</b> ½ c Diced pears (15) ¼ c Green beans (5) 2oz equ Meatloaf with gravy over 1c brown rice (45)
<b>19</b>	<b>Chicken Patty 20</b> ½ c Applesauce (15) ¼ c Hickory beans (30) Chicken patty (15) (2oz meat) on 2oz WG bun (24) Mayo packet	<b>Cheese Pizza 21</b> ½ c Fresh banana (15) ¼ c Fresh baby carrots (9) WG cheese pizza (37) (2oz meat, 2oz grain) Ranch packet	<b>Garlic Chicken 22</b> 4oz 100% juice (15) ¼ c Mixed vegetables (11) 2oz Roasted chicken with garlic sauce over ½ c WG pasta (20)	<b>Turkey Cheese Melt 23</b> ½ c Diced pears (15) ¼ c Kernel corn (18) 1.5oz Sliced turkey breast, 0.5oz American cheese on 2oz WG bread (26)
<b>Salisbury Steak 26</b> 4oz 100% juice (15) ½ c Sliced carrots (6) 2oz equ Salisbury steak with gravy over ¼ c Mashed potatoes (7) 1oz WG dinner rolls (14)	<b>Corn Dog 27</b> ½ c Applesauce (15) ¼ c Tater tots (20) WG chicken corn dog (30) (2oz meat, 2oz grain) Ketchup packet	<b>Taco Bowl 28</b> ½ c Fresh banana (15) ¼ c Green beans (5) 1.5oz Seasoned beef, 0.5oz cheddar cheese over 1c Brown rice (45) Taco sauce packet		