



February 2021: Lunch



NUTRITION TIP: Practice stealth health—sneak veggies into favorite foods. Go light on the meat and top the pizza with vegetables like tomatoes, onions, mushrooms, bell peppers and artichoke hearts

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	01 Spaghetti & meatballs zucchini Fruit 1% Milk LF Chocolate Milk	02 Tacos Refried beans Fruit 1% Milk LF Chocolate Milk	03 Chicken Tenders Tater Tots Fruit 1% Milk LF Chocolate Milk	04 Pierogis Peppers&onions 1% Milk LF Chocolate Milk	05 Pizza Romaine salad Fruit 1% Milk LF Chocolate Milk	
	08 Chicken Caesar Wrap Fruit 1% Milk LF Chocolate Milk	09 Chicken Nachos w/ black beans and corn fruit 1% Milk LF Chocolate Milk	10 Grilled Cheese Tomato soup Fruit 1% Milk LF Chocolate Milk	11 Sloppy Joe Potato salad Fruit 1% Milk LF Chocolate Milk	12 Pizza Carrot sticks Fruit 1% Milk LF Chocolate Milk	
	15 No School	16 No School	17 No School	18 No School	19 No School	
	22 BBQ pulled Pork Sand w/ corn Fruit 1% Milk LF Chocolate Milk	23 Walkin taco Tomato salsa fruit 1% Milk LF Chocolate Mi	24 Mac & Cheese Green Beans fruit 1% Milk LF Chocolate Milk	25 Corn Dogs Carrots Fruit 1% Milk LF Chocolate Milk	26 Pizza Garbanzo bean salad Fruit 1% Milk LF Chocolate Milk No School	