



# FEBRUARY 2019 Pre-K – 8<sup>th</sup> Child Nutrition Program

# HOT LUNCH MENU

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- (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.intake@usda.gov](mailto:program.intake@usda.gov).
- This institution is an equal opportunity provider.

### Available Daily

*Peanut Butter or Sun Butter & Jelly Sandwiches*  
*American Cheese Sandwiches (Mayo/Mustard)*  
**A side salad (1/2 cup) of leafy dark green vegetable is offered daily.**

**½ cup Fresh Fruit options will be offered daily**  
**Select a fruit AND/OR vegetable with your sandwich.**

**Pre-K - 8 Grades: 1% and Fat Free White Milk Offered Daily**  
**K - 8 Grades: Fat Free Chocolate Milk also offered Tues and Thurs**

**Monday**  
\* Sunbutter available upon request  
\* Peanut butter available where applicable

**Tuesday**

**Wednesday**

**Thursday**  
**Alternative Meal:**  
(2) 4 oz. Yogurt & Large Muffin served with the daily's 1/2c Vegetable serving

**Friday**

**4**  
Kickin Chicken Smackers with a Baked Bread Stick  
Vegetarian Beans, ½ cup  
Assorted Fruit, ½ cup  
Milk

**5**  
Charbroiled Cheese Burger on Bun  
Sliced Tomato & Pickle Chips  
Sweet Potato Fries, ½ cup  
Fresh Fruit, ½ cup  
Milk

**6**  
Chicken Parmesan on a Bun  
Potato Smile Fries, ½ cup  
Assorted Fruit, ½ cup  
Choice of Milk

**7**  
Baked Macaroni & Cheese  
Carrot Coins, ½ cup  
Steamed Broccoli, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**8**  
Personal Pan Round Pizza  
Celery Sticks/Low Fat Dip, ½ cup  
Fruit Cup, ½ cup  
Milk

**11**  
Pork Meatball\* Sandwich on a Roll  
Steamed Carrots, ½ cup  
Assorted Fruit, ½ cup  
Milk

**12**  
Tasty Chicken Taco w/ cheese on Soft Shell  
Black Bean Salad, ½ cup  
Roasted Corn, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**13**  
Beef Sloppy Joe on a Bun  
Potato Smile Fries, ½ cup  
Assorted Fruit, ½ cup  
Milk

**14**  
Crispy Mozzarella Sticks  
Rotini Pasta & Marinara Sauce  
Steamed Zucchini, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**15**  
Hearty Three Bean Chili with Brown Rice  
Carrot Sticks/Low Fat Dip, ½ cup  
Fruit Cup, ½ cup  
Milk



**19**  
Oven Roasted Chicken  
Brown Rice  
Red Kidney Beans, ½ cup  
Carrot Coins, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**20**  
Mama's Chicken Alfredo w/ Penne Pasta  
Steamed Green Beans, ½ cup  
Assorted Fruit, ½ cup  
Milk

**21**  
**Brunch for Lunch**  
Stuffed Cheese Omelet in a Tortilla Shell  
Potato Smile Fries, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**22**  
UNO Cheese Pizza  
Steamed Broccoli, ½ cup  
Crunchy Carrot Sticks, ½ cup  
Fruit Cup, ½ cup  
Milk

**25**  
Grilled Cheese Sandwich  
Steamed Carrots, ½ cup  
Potato Smile Fries, ½ cup  
Assorted Fruit, ½ cup  
Milk

**26**  
Cowboy Beef Nachos  
Shredded Lettuce  
Red Kidney Beans, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**27**  
Chicken BBQ Teriyaki with Brown Rice  
Steamed Broccoli, ½ cup  
Assorted Fruit, ½ cup  
Milk

**28**  
Turkey or Turkey Ham & Cheese on a Roll w/Lettuce, Tomato & Pickle Chips  
Sweet Potato Fries, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

