



FEBRUARY 2019

"Fresh food = fresh life".—Winning Slogan by Jon Simmons, grade 3 From The Laboratory Charter School- Woodbine **Nutritional Development Services**

Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit and vegetable juices are 100% juice, grains are whole grain rich.

Monday	Tuesday	Wednesday	Thursday	Friday
234 Chicken Tenders with Potato Wedges 603 Maple Baked Beans 752 Fruit Punch Juice 929 Cinnamon Elf Grahams	292 Penne Pasta with Meat Sauce 670 Fresh Fruit 908 Dinner Roll	255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 608 Dole Tropical Fruit Cup	275 BBQ Chicken Filet 623 Broccoli 631 Cherry Star Vegetable Juice 749 Apple-Cherry Juice 914 Hamburger Bun	226 Philly Cheesesteak Pinwheel 704 French Fries 684 Mixed Berry Applesauce 990 Chocolate Chip Cookie
233 Popcorn Chicken with Sweet & Broccoli 639 Corn 670 Fresh Fruit 904 Wheat Bread (2 slices)	251 Chicken Nuggets 603 Maple Baked Beans 632 Wango Mango Vegetable Juice 670 Fresh Fruit	264 4"x 6" Cheese Pizza 611 Bagged Baby Carrots 684 Mixed Berry Applesauce 993 Heart Cookie	215 Beef & Cheese Taco 706 Romaine Salad with Cherry Tomatoes 686 "Sweet Heart" Water Ice	273 Rotini Bake 749 Apple-Cherry Juice 901 Honey Biscuit
School Holiday	274 Curly Cheesy Lasagna 695 Strawberry-Mango Sidekick 908 Dinner Roll OR 903 Maple Biscuit	201 Cheeseburger 603 Maple Baked Beans 632 Wango Mango Vegetable Juice 670 Fresh Fruit 914 Hamburger Bun	272 Four Cheese Panini 706 Romaine Salad with Cherry Tomatoes 749 Apple-Cherry Juice	207 Rib-B-Que 611 Bagged Baby Carrots 541 Chocolate Hummus OR 546 Cheesy Pizza Hummus 670 Fresh Fruit 914 Hamburger Bun
255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 608 Dole Tropical Fruit Cup 932 Cinnamon Scooby Snacks	204 Chicken Parmesan & 910 Ciabatta Bread 623 Broccoli 670 Fresh Fruit	217 Terriyaki Chicken with Brown R 603 Maple Baked Beans 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 908 Dinner Roll	215 Beef & Cheese Taco 611 Bagged Baby Carrots 540 Garlic Hummus 670 Fresh Fruit	205 Popcorn Chicken 704 French Fries 749 Apple-Cherry Juice 990 Chocolate Chip Cookie