



FEBRUARY | 2019

International Café Lunch

Lunch Prices:
 Regular- \$ 2.95
 Reduced- \$0.40
 Adult- \$3.50
 Milk (a la carte)- \$0.50

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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|---|---|---|--|--|
| <p>28</p> <p>V = Vegetarian Item P = Contains Pork</p> | <p>29</p> <p>General Tso Chicken w/ Fried Rice & Egg Roll Stir-Fry Veggies Assorted Fruit Fresh Veggies Milk</p> | <p>30</p> <p>E-Learning Day</p> | <p>31</p> <p>BBQ Chicken Flatbread Crinkle Cut Fries Assorted Fruit Fresh Veggies Milk</p> | <p>1</p> <p>Chicken & Waffles^V w/ Blueberry Syrup Candied Carrots Assorted Fruit Fresh Veggies Milk</p> |
| <p>4</p> <p>Spicy Guajillo Chicken Tenders w/ Mac & Cheese^V Green Beans Assorted Fruit Fresh Veggies Milk</p> | <p>5</p> <p>Country Fried Steak w/ Mashed Potatoes & Gravy Assorted Fruit Fresh Veggies Milk</p> | <p>6</p> <p>Mandarin Orange Chicken w/ Fried Rice & Egg Roll Stir-Fry Veggies Assorted Fruit Fresh Veggies Milk</p> | <p>7</p> <p>Beef Quesadilla Bites Seasoned Black Beans Assorted Fruit Fresh Veggies Milk</p> | <p>8</p> <p>Bosco Sticks^V w/ Marinara Dipping Cup Sweet Corn Assorted Fruit Fresh Veggies Milk</p> |
| <p>11</p> <p>Popcorn Chicken w/ Dinner Roll Mashed Potatoes, Corn Assorted Fruit Fresh Veggies Milk</p> | <p>12</p> <p>Meat Lover's Stromboli^P Green Beans Assorted Fruit Fresh Veggies Milk</p> | <p>13</p> <p>French Toast Sticks^V w/ Sausage Patty Tater Tots Assorted Fruit Fresh Veggies Milk</p> | <p>14</p> <p>Sweet & Sour Chicken w/ Fried Rice & Egg Roll Stir-Fry Veggies Assorted Fruit Fresh Veggies Milk ♥Cherry Heart Slushie♥</p> | <p>15</p> <p>Mozzarella Cheese Sticks^V Marinara Dipping Cup Crinkle Cut Fries Assorted Fruit Fresh Veggies Milk</p> |
| <p>18</p> <p>President's Day No School</p> | <p>19</p> <p>General Tso Chicken w/ Fried Rice & Egg Roll Stir-Fry Veggies Assorted Fruit Fresh Veggies Milk</p> | <p>20</p> <p>Rotini w/ Meat Sauce & Texas Toast Steamed Broccoli Assorted Fruit Fresh Veggies Milk</p> | <p>21</p> <p>BBQ Chicken Flatbread Crinkle Cut Fries Assorted Fruit Fresh Veggies Milk</p> | <p>22</p> <p>Chicken & Waffles^V w/ Blueberry Syrup Candied Carrots Assorted Fruit Fresh Veggies Milk</p> |
| <p>25</p> <p>Spicy Guajillo Chicken Tenders w/ Mac & Cheese^V Green Beans Assorted Fruit Fresh Veggies Milk</p> | <p>26</p> <p>Country Fried Steak w/ Mashed Potatoes & Gravy Assorted Fruit Fresh Veggies Milk</p> | <p>27</p> <p>Mandarin Orange Chicken w/ Fried Rice & Egg Roll Stir-Fry Veggies Assorted Fruit Fresh Veggies Milk</p> | <p>28</p> <p>Beef Quesadilla Bites Seasoned Black Beans Assorted Fruit Fresh Veggies Milk</p> | <p>1</p> <p>Bosco Sticks^V w/ Marinara Dipping Cup Sweet Corn Assorted Fruit Fresh Veggies Milk</p> |

Build a Meal:
 Choose 3-5 meal components to build a healthy, balanced meal:

- Protein
- Whole Grain
- Vegetable
- Fruit
- Low-fat Milk

-At least one must be at least a ½ c fruit and/or vegetable to make a meal.
 -Students may choose up to 2 fruit choices and 2 vegetable choices, offered daily.
 -All entrees include: Protein + Grain
 -May choose only Milk + Veggie + Fruit

Daily Alternative Choices:

- Build your Own Bar^V- Salad (MWF), Taco Bar (T) & Potato Bar (Th)
- Big Daddy's Pizza (MWF)
- Hot Sandwiches- Burgers (M/Th), Crispy Chicken (T/F), Grilled Chicken & Meatball Marinara (W)

Grab & Go^V
 Choice of 3-5: (Meals must include a fruit and/or veggie)

- Choice of 1-2 Protein items: Low-fat yogurt, reduced-fat string cheese, or Peanut-free Wowbutter & Jelly sandwich
- Choice of 1-2 whole grain snacks
- Up to 2 fruits
- Up to 2 veggies
- Choice of low-fat milk

FREE water available for every student