EIS February Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Spicy Popcorn Chicken & Roll Calzone or Student Chef Salad/Roll **Choose 2 Veggies & 1 Fruit** Mashed Potatoes Carrot Sticks Variety of Fruit Sidekick Fruit Slushie
4 Chicken Patty on a Roll Corn Dog Nuggets or Student Chef Salad/Roll **Choose 2 Veggies & 1 Fruit** French Fries Seasoned Green Beans Variety of Fruit	5 Beefy Nachos con Queso Lettuce & Tomato Italian Sub or Student Chef Salad/Roll **Choose 2 Veggies & 1 Fruit** Baked Beans Carrot Sticks Variety of Fruit	6 Chicken Tenders & Roll Meatball Sub or Student Chef Salad/Roll **Choose 2 Veggies & 1 Fruit** Mashed Potatoes Buttered Beets Variety of Fruit	7 Breadsticks w/Marinara Uncrustable or Student Chef Salad/Roll **Choose 2 Veggies & 1 Fruit** Corn Cobbett Tossed Salad w/Dressing Variety of Fruit	8 Chicken Bacon Ranch Wrap Filet of Fish on a Bun or Student Chef Salad/Roll **Choose 2 Veggies & 1 Fruit** Steamed Broccoli Celery & Carrots w/Dip Variety of Fruit Sidekick Fruit Slushie
11 Hot Dog on a Roll Cheeseburger on a Roll or Student Chef Salad/Roll **Choose 2 Veggies & 1 Fruit** French Fries Glazed Carrots Variety of Fruit	12 Taco's w/Meat, Cheese, Lettuce & Tomato Turkey & Cheese Wrap or Student Chef Salad/Roll **Choose 2 Veggies & 1 Fruit** Refried Beans Carrot Sticks Variety of Fruit	13 Chicken Nuggets w/Roll Italian Sub or Student Chef Salad/Roll **Choose 2 Veggies & 1 Fruit** Sidewinder Fries Tossed Salad & Dressing Variety of Fruit	14 Pizza Uncrustable or Student Chef Salad/Roll **Choose 2 Veggies & 1 Fruit** Seasoned Mixed Vegetables Carrot Sticks Variey of Fruit	15 **No School**
18 **No School**	19 Chicken Patty on a Roll Cheesesteak Sub or Student Chef Salad/Roll **Choose 2 Veggies & 1 Fruit** Potato Puffs Baked Beans Variety of Fruit	20 **"Breakfast for Lunch"** French Toast Sticks or Grilled Cheese both served with Sausage or Student Chef Salad/Roll **Choose 2 Veggies & 1 Fruit** Waffle Fries Carrot Sticks	21 Pizza Hut Uncrustable or Student Chef Salad/Roll **Choose 2 Veggies & 1 Fruit** Steamed Broccoli Fresh Cauliflower & Celery Variety of Fruit	22 Beef Rib-B-Que on a Bun Filet of Fish on a Bun or Student Chef Salad/Roll **Choose 2 Veggies & 1 Fruit** Seasoned Corn Coleslaw Variety of Fruit Sidekick Fruit Slushie
25 Cheeseburger on a Roll Popcorn Chicken & Roll or Student Chef Salad/Roll **Choose 2 Veggies & 1 Fruit** French Fries Seasoned Mixed Vegetables Variety of Fruit	26 Beefy Nachos con Queso Lettuce & Tomato Turkey & Cheese Wrap or Student Chef Salad/Roll **Choose 2 Veggies & 1 Fruit** Refried Beans Carrot Sticks Variey of Fruit	27 Baked Chicken & Roll Meatball Sub or Student Chef Salad/Roll **Choose 2 Veggies & 1 Fruit** Corn Cobbett Tossed Salad w/Dressing Variety of Fruit	28 Pizza Uncrustable or Student Chef Salad/Roll **Choose 2 Veggies & 1 Fruit** Collard Greens Fresh Broccoli w/Dip Variety of Fruit	

Intermediate School Students May Select: Entrée & Grain Options, One Cup o f Vegetable, 1/2 Cup of Fruit and Milk
All lunches include 1/2 pint of FF Chocolate, FF Strawberry, Skim or 1% White Milk
This institution is an equal opportunity provider

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