February Lunch Menu

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

		1 BBQ Meatballs w/ Mashed Potatoes & Mixed Veggies	2 Turkey Picadillo & Rice	3 Cheesy Zucchini Alfredo Pasta w/ Whole Wheat Garlic Bread
6 Turkey Burgers on Whole Wheat w/ Cheese, Tomatoes & Lettuce Sliced Apples	7 Pita Bread Pizzas w/ Spinach, Mozzarella & Marinara Fresh Fruit	8 Grilled Cheese on Whole Wheat w/ Tomato Soup & Whole Grain Gold Fish Crackers	9 Chicken Enchilada Casserole w/ Veggies	10 Barley & Potato Soup w/ Veggies Whole Wheat Dinner Roll
13 Shrimp Scampi w/ Linquini & Peas Fresh Fruit	14 	15 BBQ Meatballs w/ Mashed Potatoes & Mixed Veggies	16 Homemade Mac-N-Cheese w/ Broccoli Fresh Fruit	17 Pita Bread Pizzas w/ Spinach, Mozzarella & Marinara Fresh Fruit
20 	21 Turkey Picadillo & Rice	22 Cheesy Zucchini Alfredo Pasta w/ Whole Wheat Garlic Bread	23 Barley & Potato Soup w/ Veggies Whole Wheat Dinner Roll	24 Turkey Burgers on Whole Wheat w/ Cheese, Tomatoes & Lettuce Sliced Apples
27 Shrimp Scampi w/ Linquini & Peas Fresh Fruit	28 			

Fruit of the Month

Our FruitGuys Order will be on a mini Vacation during the month of February. May resume delivery in March.

Seasonal Fruits & Veggies will be provided.

- Water is served with every meal and is our primary source of beverage.
- All meals are served Family Style
- A fruit and a vegetable is served with every meal and provided by *The Fruit Guys*.
- All meals are homemade and do not include anything fried, re-heated or with trans-fat.
- Only whole grain and whole wheat foods are provided.



ServSafe CERTIFIED