



February 2020 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Grilled Herb Chicken GF White Rice VG GF Brussels Sprouts VG GF	Pre-Cut Cheese Lasagna V with Parmesan Toast V Steamed Peas VG, GF	Turkey Patties GF Quinoa Pilaf VG GF Kale VG GF	Beef Meatballs GF Penne Pasta VG Broccoli VG GF Marinara Sauce VG GF	Tomatillo Chicken GF Yellow Rice VG GF Zucchini VG GF
10	11	12	13	14
Curried Chicken GF Couscous VG Steamed Cauliflower VG, GF	Beef Salisbury Steak GF Farfalle Pasta VG Broccoli VG GF Mushroom Gravy VG GF	Chicken Tenders Roasted Potato Wedges VG GF Corn & Carrots VG GF	BBQ Turkey GF Mashed Potatoes V GF Carrots VG GF	Salmon Patties GF Couscous VG Vegetable Medley VG GF
17	18	19	20	21
WINTER RECESS SCHOOL CLOSED	WINTER RECESS SCHOOL CLOSED	WINTER RECESS SCHOOL CLOSED	Macaroni & Cheese V Peas & Carrots VG GF	Teriyaki Chicken Thighs GF White Rice VG GF Zucchini VG GF
24	25	26	27	28
Beef Burritos w/ Yellow Rice Green Beans VG GF Salsa VG GF	Chicken, Vegetables in Tomato Sauce GF Farfalle Pasta VG Broccoli VG GF	Chicken Stew GF Spiced Rice VG GF Collard Greens VG GF	Baked Cod Fish GF Quinoa Pilaf VG GF Carrots & Cauliflower VG GF	Beef Bolognese GF Linguini VG Vegetable Medley VG GF

VG - vegan **V** - vegetarian **GF** - gluten free

**** Menu Items Subject to Change Based on Availability ****