



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>School Information:</p> <p>SALAD BAR</p> <p>INCLUDED EVERYDAY</p>		<p>*Oven roasted salmon w/ a honey glaze 1</p> <p>*Grilled skirt steak</p> <p>*Potato au gratin</p> <p>*Fresh veggie in season</p>	<p>*Hamburger 2</p> <p>*Veggie Burger</p> <p>*Sweet & tangy carrot salad</p> <p>* Waffle or sweet potato fries</p>	<p>*Chicken soft tacos 3</p> <p>*Cheese enchiladas</p> <p>*Refried beans</p> <p>*Spanish rice</p> <p>*Vanilla cupcakes</p>
<p>*Teriyaki beef 6</p> <p>*Jasmine rice</p> <p>*Miso soup</p> <p>*Edamame</p> <p>*Green salad w/ginger dressing</p>	<p>*Oven fried chicken strips 7</p> <p>*Red rose mashed potatoes</p> <p>*Country gravy</p> <p>*Sautéed spinach</p>	<p>*1/4 lb. All beef hot dogs 8</p> <p>*Tofu dogs</p> <p>*Beef or veggie chili</p> <p>*Fresh fruit in season</p>	<p>Pasta Bar: 9</p> <p>*Choice of 3 pastas</p> <p>*Choice of 3 sauces</p> <p>*Garlic rolls</p> <p>*Caesar salad</p>	<p>*Gyro sandwiches 10</p> <p>*Beef or grilled veggie on Warm pitas</p> <p>*Rice pilaf</p> <p>*Greek salad & Hummus</p> <p>*Chocolate cake</p>
<p>*Buttermilk pancakes 13</p> <p>*Bacon or turkey sausage</p> <p>*Fresh fruit salad</p> <p>*Maple or homemade berry syrup</p>	<p>*Chicken parmesean 14</p> <p>*Pasta w/olive oil</p> <p>*Garlic bread</p> <p>*Fresh broccoli</p> <p>*Valentine cupcakes</p>	<p>Calzones: 15</p> <p>*Three cheese</p> <p>*Pepperoni</p> <p>*Grilled veggie</p> <p>*Caesar salad</p>	<p>*Orange chicken 16</p> <p>*Veggie wontons</p> <p>*Jasmine rice</p> <p>*Baby bok choy w/ginger butter</p> <p>*Fortune cookie</p> <p>*Chocolate chip cookies</p>	<p>NO HOT LUNCH 17</p>
<p>NO HOT LUNCH 20</p>	<p>*Grilled chicken breast 21</p> <p>*Veggie grilled tofu</p> <p>*Rice pilaf</p> <p>*Fresh veggie in season</p>	<p>Wraps: 22</p> <p>*Chicken Caesar</p> <p>*Hummus & veggies</p> <p>*Turkey & cheese</p> <p>*Fresh fruit salad</p> <p>*Sunchips</p>	<p>Taco bowls 23</p> <p>Choose: beef, chicken, rice, Veggies, beans, cheese, lettuce, tomato, salsa, roasted corn, cilantro and guacamole</p>	<p>*Hamburger 24</p> <p>*Veggie garden burger</p> <p>*Cheese, lettuce & tomato</p> <p>* Waffle fries</p> <p>*Apple cobbler</p>
<p>Pizza: 27</p> <p>*Three cheese</p> <p>*Pepperoni</p> <p>*Three peppers & bacon</p> <p>*Caesar salad</p>	<p>*BBQ chicken 28</p> <p>*Homemade mac & cheese</p> <p>*Baked beans</p> <p>*Sautéed kale</p>	<p>*Philly cheese steaks 29</p> <p>*Grilled veggie Panini</p> <p>Homemade cole slaw</p> <p>*Fresh fruit</p>		

NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.¹
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.²
- Find vitamin D in fortified low-fat yogurt and other dairy foods.

School Information:

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