

February Lunch Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
#	1 Meat Lasagna /Ripe Plantain /WW Bread Buttered Broccoli Fruit / Milk	2 Stew Rice W Small Red Beans / Stew Cocktail Sausage /WW Bread Iceberg / tomatoes Fruit / Milk	3 BBQ Baked Chicken / WW Mashed Potatoes Green Leaf & Tomato Fruit // Milk	4 A. WW Pasta /W Beef Meat Sauce Ripe plantain B. Chicken Patty / WW Curly Bake Potato Corn & Tomato Salad Fruit // Milk
7 WW Pasta / Chicken Marinara Sauce Buttered Broccoli Fruit / Milk	8 A. Meatloaf / WW Mashed Potatoes Green Leaf & Tomato Fruit / Milk	9 Pepper Steak/Chinese Rice/Stew Beans/ WW Bread / Coleslaw Fruit / Milk	10 No School CCR/Day	11 A. Chicken Gordon WW Pasta W Cheese B. WW Cheese pizza Corn & tomato/Fruit / Milk
14 WW Pasta W Meat Balls Sauce Ripe Plantain / Buttered Corn Fruit / Milk	15 Pepper Chicken / WW White Rice / Stew Pinto Bean /Bread Iceberg / tomatoes Fruit / Milk	16 Pork Chops Jardinière/ WW Mashed Potatoes Fried Cabbage Fruit // Milk	17 Beef Stew/ Stew Rice/ Pi-geon Peas/Bread Sweet Peas & Carrots Fruit / Milk	18 A. Chicken Tenders / WW White Rice Stew Pink Bean /WW Bread B. Cheeseburger / Curly Baked Potatoes Green leaf let. / tomatoes Fruit / Milk
21 <i>Holiday President's Day</i>	22 Chicken Parmesana White Rice Stew Pinto Bean WW Bread Caesar Salad Fruit / Milk	23 BBQ Pork Chops / Stew Rice Chickpeas WW Bread Mixed Vegetables Fruit / Milk	24 Roasted Turkey WW Mashed Potato Iceberg / tomatoes Fruit / Milk	25 A. Chicken Alfredo /WW Pasta B. WW Cheese Pizza Buttered Broccoli Fruit / Milk
28 Pepper Turkey White Rice Stew Pink Beans / WW Bread Green Beans Fruit / Milk	#			

Happy Valentines Day

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What Makes A Lunch?
Select 3-5 Components

MILK	GRAIN	VEGETABLE
FRUIT	PROTEIN	OTHER

One must be a

FRUIT	OR	VEGGIE
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