

FEBRUARY, 2018 MENU

Monday
February 4, 2019
BREAKFAST:
TEACHER IN SERVICE
NO STUDENTS
LUNCH:

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Tuesday
February 5, 2019
BREAKFAST:
Oatmeal (1/2c)
Pears (1/2 c.)
LUNCH:
Meatballs (1/2c) or
Deli Ham Sand.(3.4oz)
Mashed Potatoes (1/2c)
or Rice (1/2c)
WK Corn (1/4c/ 1/2 c)
Pears (1/2 c.)

Wednesday
February 6, 2019
BREAKFAST:
Muffins (1 ea.)
Pineapple (1/2c)
LUNCH:
Italian Dunker Meat (2oz)
Or Hamburger (2oz)
Cheesy French Bread
AuGratin Potatoes (1/2 c)
Broccoli/Cauliflower (1/2c)
Brussels Sprouts(1/2c)
Fresh Veggie Tray
Pineapple (1/2c)

Thursday
February 7, 2019
BREAKFAST:
Yogurt (1each)
Peaches (1/2c)
LUNCH:
Subs
Lunch Meat (1oz; 1.5 oz)
Cheese Slices (.5 oz / 1 oz)
Scallop Potatoes (1/2 c)
Cream Corn (1/4 c/1/2c)
Lettuce/Tomato (1/4 C)
Peaches (1/2 C)

Friday
February 8, 2019
BREAKFAST:
Egg, Ham & Cheese Bake (1pc)
Applesauce (1/2 c)
LUNCH:
Chicken Nuggets (2oz) or
Brat (2 oz)
on W.G. Bun (1)
Tri-Tatars (2oz/4oz)
or Baked Potatoes (1/2c.)
Green Beans (1/2 c)
Applesauce (1/2 c)
Fresh Apple Slices (1 each)

Monday
February 11, 2019
BREAKFAST:
Bagels (1each)
Pears (1/2 c.)

LUNCH:
Mini Corn Dogs (5) or
Chicken Fried Steak (1)
Mashed Potatoes (1/2c)
or Rice (1/2c)
Broccoli (1/2c)
Cauliflower (1/2c)
Pears (1/2 c.)
Rice Krispie Bars (1 each)

Tuesday
February 12, 2019
BREAKFAST:
Egg, Ham & Cheese on Muffin
Mandarin Oranges (1/2c)

LUNCH:
Taco Shell (1shell;2 shell)
Taco Meat (1 1/2 oz)
Deli Turkey Sand. (3.4oz)
on WG Bun (1)
Shred Cheese 1/2oz
Nacho(1oz chip/1oz cheese)
Refried Beans (1/4 c)
WK Corn (1/4c/ 1/2 c)
Lettuce: Romaine/iceberg
Mandarin Oranges (1/2c)

Wednesday
February 13, 2019
BREAKFAST:
Yogurt (1each)
Pineapple (1/2c)

LUNCH:
Tomato or Chicken Soup
Hot Dog (2 oz) or
Toasted Cheese (1 each)
Hash Browns (1/2c)
Veggie Beans (1/2 c)
Fresh Veggie Tray (1/2c)
Crackers (2pk)
Pineapple (1/2c)

Thursday
February 14, 2019
BREAKFAST:
Muffins (1 ea.)
Peaches (1/2c)

LUNCH:
Salisbury Steak (2oz) or
Chicken Philly Sand. (2oz)
Smiles (3oz/5oz)
Green Beans (1/4c/ 1/2 c)
Fresh Veggie Tray (1/4c)
Jell-O (1/2c)
Peaches (1/2 C)

Friday
February 15, 2019
BREAKFAST:
French Toast sticks (4 sticks)
Strawberries (1/2c)

LUNCH:
Pizza (1 slice) or
Assorted Sandwiches (1each)
Cheesy Hash Browns (1/2 c)
Mixed Vegetables (1/2c)
Dk. Gr. Lettuce Salad (1/4c)
Fresh Veggie Tray (1/4c)
Strawberries (1/2c) or
Mixed Berries (1/2c)
Chocolate Chip Cookies (1 each)

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<p>Monday February 18, 2019 BREAKFAST: Pancakes (2each) Pineapple (1/2c)</p> <p>LUNCH: Teriyaki Chicken Stir Fry(2oz) or Breaded Pork Chop (2oz) Seasoned Rice (1/2c) Mashed Potatoes (1/4c / 1/2c) Stir Fry Vegetables (1/2c) Mixed Veggies (1/4c/1/2c) Fresh Veggie Tray (1/2 c) Pineapple (1/2c)</p>	<p>Tuesday February 19, 2019 BREAKFAST: Egg, Ham & Cheese Bake (1pc) Pears (1/2 c)</p> <p>LUNCH: Spaghetti w/ (1/2c / 3/4c) Meat Sauce (5/8 C) or Hamburger (2oz) Garlic Toast (1 ; 2 slices) Green Beans (1/2 C) Dk. Gr. Lettuce Salad (1/4c) Fresh Veggie Tray (1/2 c) Pears (1/2 c)</p>	<p>Wednesday February 20, 2019 BREAKFAST: Muffins (1 each) Mixed Fruit (1/2c)</p> <p>LUNCH: Quesadilla (1each) or Deli Turkey Sand. (3.4oz) Spanish Rice (1/2c) WK Corn (1/4c/ 1/2 c) Dk. Gr. Lettuce Salad (1/4c) Fresh Veggie Tray (1/2 c) Mixed Fruit (1/2c) Spicy Apples (1/4c)</p>	<p>Thursday February 21, 2019 BREAKFAST: Yogurt (1each) Peaches (1/2c)</p> <p>LUNCH: Chicken Patty (2oz) Or Brat (2 oz) Wedge Fries (1/4c/1/2c) Broccoli (1/4c-1/2c) Cauliflower (1/4c-1/2c) Veggie Beans (1/2c) Peaches (1/2c)</p>	<p>Friday February 22, 2019 BREAKFAST: Breakfast Squares (2.4oz) Applesauce (1/2 c)</p> <p>LUNCH: Pizza Dippers (2oz) Or Pulled Pork (2oz) AuGratin Potatoes (1/2c) Marinara Sauce(1/4c) Dk. Gr. Lettuce Salad (1/4c) Fresh Veggie Tray (1/2 c) Applesauce (1/2 c)</p>
<p>Monday February 25, 2019 BREAKFAST: Oatmeal Bake (1Pc) Pears (1/2 c)</p> <p>LUNCH: Orange chicken (2oz) or BBQ Rib Patty (2oz) Mashed Potatoes (1/2c) or Rice (1/2c) Broccoli (1/4c-1/2c) Cauliflower (1/4c-1/2c) Pears (1/2 c)</p>	<p>Tuesday February 26, 2019 BREAKFAST: Egg, Ham & Cheese Bake (1each) Pineapple (1/2c)</p> <p>LUNCH: Chicken Wrap (1;2) Deli Ham Sand.(3.4oz) on WG Bun (2) Shred Cheese 1/2oz Nacho(1oz chip/1oz cheese) Refried Beans (1/4 c) WK Corn (1/4c/ 1/2 c) Lettuce: Romaine/iceburg Pineapple (1/2c)</p>	<p>Wednesday February 27, 2019 BREAKFAST: Muffins (1 each) Peaches (1/2c)</p> <p>LUNCH: Chili (8oz/10oz) or Hot Dog (1oz /2 oz) French Fries (1/4c/1/2c) Veggie Beans (1/2 c) Dk. Gr. Lettuce Salad (1/4c) Shredded Cheese (1/2oz) Fresh Veggie Tray (1/4 c) Peaches (1/2c)</p>	<p>Thursday February 28, 2019 BREAKFAST: Yogurt (1each) Applesauce (1/2 c)</p> <p>LUNCH: Hot Pork & Gravy (2oz)or Hamburger (2oz) Mashed Potatoes (1/2c) or Rice (1/2c) Peas (1/4c-1/2c) Carrots (1/4c-1/2c) Applesauce (1/2 c)</p>	<p>Friday March 1, 2019 BREAKFAST: Mini Cinn. rolls (2 each) Tropical Fruit (1/2 c)</p> <p>LUNCH: Fish sticks (1.5oz./3oz.)or Pulled Pork (2oz) Buttered Noodles (1/2c) Cabbage Salad (1/4c) Green Beans (1/2 C) Fresh Veggie Tray (1/2 c) Tropical Fruit (1/2 c)</p>

LENA PUBLIC SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.
ALL MENUS ARE SUBJECT TO CHANGE AT ANY TIME.