

February 2018

Lunch Menu ACADEMY of BUS & TECH

LUNCH



School Information:

COUNT DAY: FEBRUARY 14th, 2018
Winter Break: Feb. 19 & 20-No School



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Chicken Nuggets (13)
WG Dinner Roll (15)
Corn (15)
Mixed Fruit (15)
Milk
BBQ Dipping Sauce (5)
HALAL CHICKEN NUGGETS

5

Tuesday

Chocolate Milk (23)
White Milk (12)

Cheeseburger on WW Bun (25)
Baked Beans (22)
Apple (15)
Milk
Mustard & Ketchup
VEGGIE BURGER

6

Wednesday

Beef Hot Dog on Whole Grain Bun (22)
Mixed Vegetables (17)
Peaches (15) & Milk
Mustard & Ketchup
HALAL BEEF HOT DOG

7

Thursday

NEW
Chili Mac (44)
Mixed Vegetables (17)
Mandarin Oranges (21)
Milk
HALAL GROUND BEEF

1

Mini Turkey Corn Dogs (24)
Green Beans (17)
Ketchup & Mustard
Apple Slices (12)
Milk
HALAL CRISPY CHICKEN SANDWICH

8

Friday

Cheese/Pepperoni Pizza Whole Grain Crust (31)
Romaine Salad (2)
Banana (23)
Ranch Dressing (7) & Milk
CHEESE PIZZA

2

Cheese/Pepperoni Pizza Whole Grain Crust (31)
Baby Carrots (2) w/ Ranch Dressing (7), Banana (22)
Milk
CHEESE PIZZA

9

Salisbury Steak (3)
Collard Greens (7)
Wheat Dinner Roll (15)
Sliced Peaches (13)
Milk
HALAL BEEF PATTY

12

Teriyaki Chicken (18)
Oriental Blend (17)
WW Dinner Roll (22)
Diced Pears (15)
Milk
HALAL ASIAN CHOPPED CHICKEN

13

Cheese/Pepperoni Pizza Whole Grain Crust (31)
Baby Carrots (4)
Ranch Dressing (7)
Sour Apple Applesauce (22) & Milk
CHEESE PIZZA

14

Mostaccioli w/ Meat Sauce (30)
Whole Grain Breadstick (22)
Brussel Sprouts (17)
Pineapple Tidbits (15)
Milk
HALAL GROUND BEEF

5

Jamaican Jerk Chicken Sandwich on WG Bun (22)
Corn (15)
Apple (15) & Milk
BBQ Sauce Cup (5)
HALAL CHICKEN SANDWICH

16

WG Penne Pasta Bowl
Chicken Alfredo (36)
Broccoli (7)
Mixed Fruit (15)
Milk
HALAL CHICKEN

19

Sloppy Joe Sandwich (26)
Whole Wheat Bun
NEW ZEE-ZEE Raisins (30)
Corn (15)
Milk
HALAL SLOPPY JOE

20

Whole Grain Grilled Cheese Sandwich (31)
Vegetable Tomato Soup (16)
Apple Sauce Cup (22)
Milk

21

BBQ Beef Riblet on WW Bun (28)
Garlic Mashed Potatoes (28)
Mandarin Oranges (15)
Milk
HALAL CHICKEN SANDWICH

22

Cheese/Pepperoni Pizza Whole Grain Crust (31)
Baby Carrots (4)
Ranch Dressing (7)
Orange (19) & Milk
CHEESE PIZZA

23

NEW Mini Cheese WG Calzones (42)
Broccoli (17)
Mango Peach Applesauce Cup (22)
Milk
HALAL CRISPY CHICKEN

26

Mama's Meatball Sub (28) w/ Mozzarella Cheese
California Blend (20)
Mandarin Oranges (15)
Milk
HALAL BEEF MEATBALLS

27

Turkey and Cheese Sub WW Sub Bun (28)
Coleslaw (22)
NEW ZEE-ZEE Raisins (30)
Mustard & Milk
HALAL BEEF HOT DOG

28

