




Tonawanda CSD (K-5)
Lunch Menu
February 2017
Heart Healthy Month

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

	1	2	3	
Weekly Salad Special Chicken Nugget Salad	Cold Entrée Offerings Monday – Ham & Cheese Sandwich Tuesday – Turkey & Cheese Sandwich Wednesday – Yogurt Lunch Thursday – Super Hero Sub Friday – Tuna Sandwich	Pancakes w/ Sausage & Syrup Green Beans ♥ or Tater Tots Cinnamon Applesauce Or Chilled Juice	Chicken & Cheese Tacos w/ Rice Vegetarian Beans or Steamed Cauliflower ♥ Fresh Fruit or Pears	Healthy Heart Day Wear Red Pepperoni Pizza Mixed Vegetables or Green Peas ♥ Fresh Fruit or Assorted Mixed Fruit
Weekly Salad Special Chef Salad	6	7	8	9
Chicken Nuggets w/Seasoned Pasta Broccoli ♥ or Carrots Sticks Fresh Fruit or Mandarin Oranges	Cheesy Breadsticks w/Dipping Sauce Green Beans or Zucchini Fresh Fruit or Pears	Baked Chicken w/ Warm Dinner Roll Spinach ♥ or Baked Oven Fries Fresh Fruit or Applesauce	Taco in a Bag Corn Nibblits ♥ or Baked Beans Fresh Fruit or Peaches	Cheese Pizza Carrots ♥ or Romaine Salad Fresh Fruit or Mixed Fruit Cup
Weekly Salad Special Spinach Salad	Choose 3 to 5 components each day, which may include 1 entrée. One of the components must be a fruit or vegetable.			
13	14	15	16	17
Basket of Favorites (Mozzarella Sticks & Chicken Nuggets) Veggie Beans or Mixed Vegetables Fresh Fruit or Pineapple	Chicken Patty On a Bun Broccoli ♥ or Green Beans Fresh Fruit or Diced Peaches	French Toast Sticks w/ Sausage & Syrup Tater Tots or Celery Sticks ♥ Strawberry Cups Or Chilled Juice	Taco Twins w/ Rice Romaine Salad ♥ or Cauliflower Fresh Fruit or Pears	Pepperoni Pizza Sweet Green Peas ♥ or Carrots ♥ Fresh Fruit or Assorted Mixed Fruit
20	21	22	23	24
Mid-Winter Recess				
Weekly Salad Special Chef Salad	27	28	Lunch Price \$1.75 Milk Price \$0.50	
Cheeseburger Vegetarian Beans or Golden Corn Fresh Fruit or Pineapple Tidbits	Pasta w/ Meatsauce Broccoli or Steamed Carrots Fresh Fruit or Diced Peaches			

Meal Components:

Protein, Grain, Fruit, Vegetable and Milk

All grains are whole grain rich.



Available Daily

Peanut Butter & Jelly Sandwich/Cheese Sandwich
 Baby Carrots (1/4 c)

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Choice of Milk Available with Lunch:

Low-Fat White, Fat Free White, Fat Free Chocolate