

February 2018

LUNCH



GRACE LUTHERAN 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

Tuesday

Wednesday

Thursday

Friday



Meatloaf
Mashed Potatoes
Peaches
Breadstick **1**

No School **2**

Chicken Patty
Whole Grain Bun
Carrots
Applesauce **5**

Sloppy Joe
Whole Grain Bun
Baked Beans
Peaches **6**

Cheese Pizza
Spinach Salad
Mixed Fruit
****5th – 8th Grade**
FIELD TRIP DO NOT ORDER **7**

Macaroni & Cheese
Green Beans
Pears
Pan Roll **8**

Sweet & Sassy Chicken
Sweet Corn
Peaches
Pan Roll **9**

Chicken Nuggets
Green beans
Pears
Pan Roll **12**

Nacho Tortilla Chips
Beef Filling
Black Beans
Pineapples **13**

Chicken Alfredo
Spinach Salad
Oranges
Cookie **14**

Meatballs
Mashed Potatoes
Apples
Breadstick **15**

Corn Dog
Green Beans
Applesauce **16**

Mock Chicken Legs
Mashed Potatoes
Pears
Pan Roll **19**

Taco Filling
Taco Shells & Salsa
Refried Beans
Peaches **20**

Pepperoni Pizza
Spinach Salad
Oranges **21**

Meat Spaghetti
Iceberg Salad
Pineapples **22**

Turkey Frank
Whole Grain Bun
Sweet Corn
Peaches **23**

Oven Fried Chicken
Baked Beans
Peaches
Pan Roll **26**

Cheeseburger Patty
Whole Grain Bun
Corn
Pineapples **27**

Student Council **28**
Dollar Days

