

February 2018 Pre-K & Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Asian Style Fish Nuggets with Rice Tasty BBQ Pork Rib Patty with Sub Bun Roasted Antigua Blend Vegetables Whole Kernel Corn Sweet Potato Casserole Orange Smiles Applesauce</p>	<p>2 <i>New!</i> <i>Halftime Hamburger</i> Hamburger with Bun Deep Dish Cheese Pizza Deep Dish Pepperoni Pizza Roasted Bell Pepper Medley Carrot & Celery Nibbles with Ranch Dip Cheesy Ranch Potatoes Rips 100% Juice Slush Glazed Donut Holes * Make a Halftime Hamburger! Top your burger with Swiss or American Cheese and Roasted Bell Pepper Medley!*</p>
<p>5 Homestyle Chicken Nuggets with Biscuit Salisbury Steak with Gravy with Dinner Roll Zesty Steamed Broccoli Buttered Carrots Oven Fried Potatoes Fresh Apple Sweet Pineapple Tidbits</p>	<p>6 Oven Roasted Chicken Fajita with Flour Tortilla Beef Taco with Flour Tortilla Salsa California Blend Vegetables Mexican Style Street Corn Cheesy Refried Beans Orange Smiles Fresh Banana</p>	<p>7 Chicken Tetrizzini with Garlic Texas Toast Cheese Pizza Pepperoni Pizza Italian Blend Vegetables Carrot Nibbles with Ranch Dip Manager's Choice Vegetable Fresh Apple Manager's Choice Fruit Cinnamon Roll</p>	<p>8 Hamburger with Bun Nacho Burger Sauce Hot Ham & Cheese Sub Roasted Broccoli Buttered Carrots Potato Smiles Manager's Choice Vegetable Fresh Pears Mandarin Oranges</p>	<p>9 Golden Breaded Fish with Bun Pulled Pork BBQ with Bun Antigua Blend Vegetables Zesty Coleslaw Baked Beans Fresh Apple Chilled Peach Slices</p>
<p>12 Baked Spirals with Meat Sauce with Garlic Texas Toast Homestyle Chicken Nuggets with Biscuit Italian Blend Vegetables Sweet Green Peas Tomato Wedges w/ Ranch Dip Fresh Apple Sweet Pineapple Tidbits</p>	<p>13 Nacho Grande Baja Chicken Cantina Nachos Fresh Pico de Gallo California Blend Vegetables Seasoned Black Beans Mexican Rice Mandarin Oranges Fresh Pears</p>	<p>14 Clarksville Club Cheese Pizza Slice Pepperoni Pizza Slice Zesty Steamed Broccoli Carrot Nibbles with Ranch Dip Manager's Choice Vegetable Orange Smiles Banana Split Fruit Salad Cookie</p>	<p>15 Kick n' Chicken BBQ with Bun Country Fried Steak with Texas Toast Glazed Carrots Black-eyed Peas Mashed Potatoes Fresh Pears Chilled Peach Slices</p>	<p>16 Orange Chicken with Rice Hamburger with Bun Antigua Blend Vegetables Marinated Cucumber- Tomato Salad Waffle Fries Fresh Apple Chilled Pear Slices</p>
<p>19 Fiesta Macaroni with Garlic Texas Toast Homestyle Chicken Nuggets with Biscuit Glazed Carrots Seasoned Green Beans Potato Smiles Fresh Apple Chilled Pear Slices</p>	<p>20 Oven Roasted Chicken Fajita with Flour Tortilla Beef Taco with Flour Tortilla Salsa Mexican Style Street Corn Antigua Blend Vegetables Cheesy Refried Beans Mandarin Oranges Fresh Banana</p>	<p>21 Salisbury Steak with Gravy with Dinner Roll Cheese Pizza Slice Pepperoni Pizza Slice Rockin' Broccoli Roasted Bell Peppers & Onion Mashed Potatoes Orange Smiles Manager's Choice Fruit Cinnamon Roll</p>	<p>22 Pulled Pork BBQ with Bun Meatball Sub Green Bell Peppers & Tomato Wedges w/ Ranch Dip Buttered Carrots Baked Beans Zesty Coleslaw Fresh Apple Sweet Pineapple Tidbits</p>	<p>23 Hamburger with Bun Chili con Carne Topping (1/4 Cup) Mozzarella-Stuffed Italian Breadsticks with Marinara California Blend Vegetables Carrot & Celery Nibbles with Ranch Dip Oven Fried Potatoes Marinated Cucumber- Tomato Salad Fresh Pears Chilled Peach Slices</p>
<p>26 Homestyle Chicken Nuggets with Biscuit Sloppy Joe with Bun Roasted Broccoli Glazed Carrots Waffle Fries Fresh Apple Chilled Pear Slices</p>	<p>27 Nacho Grande Baja Chicken Cantina Nachos Fresh Pico de Gallo California Blend Vegetables Mixed Beans Carrot Nibbles with Ranch Dip Mexican Rice Fresh Banana Chilled Peach Slices</p>	<p>28 Country Fried Steak with Texas Toast Cheese Pizza Pepperoni Pizza Zesty Steamed Broccoli Roasted Bell Peppers & Onion Tomato Wedges w/ Ranch Dip Mashed Potatoes Fresh Apple Sweet Pineapple Tidbits</p>		

Lunch Prices: Elementary Full Pay \$2.65 • Middle/High Full Pay \$2.85 • Approved Reduced \$0.40 • Adults/Visitors \$3.50

A la Carte 1/2 Pint Milk: \$0.50 each, any flavor

Choice of fresh fruit, 100% juice, crisp side salad, and a variety of milk are offered daily! • Help yourself to delicious fruits and vegetables! In order to count as a reimbursable meal, each student must have 1/2 cup fruit or vegetable on their tray.

PB&J Sandwich offered as an entree option at lunch daily. • Nutrition information is available on page 2 • This institution is an equal opportunity provider.

February 2018 Pre-K & Elementary Lunch Menu Nutrition Information

Monday	Tuesday	Wednesday	Thursday
Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)
			1 Asian Style Fish Nuggets with Rice 260 8 1.5 30 356 Tasty BBQ Pork Rib Patty with Sub Bun 170 10 3.5 6 400 Roasted Antigua Blend Vegetables 32 0 0 5 25 Whole Kernel Corn 106 1 0 20 44 Sweet Potato Casserole 285 3.5 1.6 61 180 Orange Smiles 62 0 0 15 0 Applesauce 50 0 0 13 10
			2 <i>New! Halftime Hamburger</i> Hamburger 170 14 6 0 85 with Bun 130 2 0 25 125 Deep Dish Cheese Pizza 330 12 7 33 600 Deep Dish Pepperoni Pizza 310 10 7 33 600 Roasted Bell Pepper Medley 55 2 0 7.5 59 Carrot & Celery Nibbles with Ranch Dip 79 5 1 6 167 Cheesy Ranch Potatoes 116 4 2 17 178 Rips 100% Juice Slush 60 0 0 15 25 Glazed Donut Holes 96 5 2 11 100 * Make a Halftime Hamburger! Top your burger with Swiss or American Cheese and Roasted Bell Pepper Medley!*
5 Homestyle Chicken Nuggets with Biscuit 170 8 2 9 396 Salisbury Steak with Gravy with Dinner Roll 202 15 6 6 253 Zesty Steamed Broccoli 140 2.5 1 32 80 Buttered Carrots 34 0 0 8 102 Oven Fried Potatoes 135 4 1 23 377 Fresh Apple 55 0 0 14 0 Sweet Pineapple Tidbits 80 0 0 20 0	6 Oven Roasted Chicken Fajita with Flour Tortilla 137 7 1 3 583 Beef Taco with Flour Tortilla 146 6 2 8 83 Salsa 90 2.5 1.5 15 75 California Blend Vegetables 37 0 0 8 181 Mexican Style Street Corn 28 0 0 6 43 Cheesy Refried Beans 142 4 1 21 63 Orange Smiles 182 6 3 22 531 Fresh Banana 62 0 0 15 0	7 Chicken Trazzini with Garlic Texas Toast 262 13 6 22 478 Cheese Pizza 110 1.5 0 20 170 Pepperoni Pizza 300 11 5 33 440 Italian Blend Vegetables 335 14 6 33 555 Carrot Nibbles with Ranch Dip 41 0 0 7 51 Manager's Choice Vegetable 85 5 1 8 160 Fresh Apple 55 0 0 14 0 Manager's Choice Fruit 62 0 0 15 0 Cinnamon Roll 113 0.5 0 25 70	8 Hamburger with Bun 170 14 6 0 85 Nacho Burger Sauce 130 2 0 25 125 Hot Ham & Cheese Sub 49 3 0 5 395 Roasted Broccoli 249 7.8 2.5 27 1029 Buttered Carrots 130 2 0 25 125 Potato Smiles 38 0 0 8 100 Manager's Choice Vegetable 130 4.5 0.5 20 180 Fresh Pears 96 0 0 23 0 Mandarin Oranges 52 0 0 13 5
12 Baked Spirals with Meat Sauce with Garlic Texas Toast 334 12 5 31 539 Homestyle Chicken Nuggets with Biscuit 170 8 2 9 396 Italian Blend Vegetables 250 12 6 31 490 Sweet Green Peas 41 0 0 7 51 Tomato Wedges w/ Ranch Dip 87 0 0 15 152 Fresh Apple 77 5 1 5 123 Sweet Pineapple Tidbits 55 0 0 14 0	13 Nacho Grande 413 19 4 42 549 Baja Chicken Cantina Nachos 404 20 2.5 37 1049 Fresh Pico de Gallo 14 0 0 3 21 California Blend Vegetables 28 0 0 6 43 Seasoned Black Beans 134 1 0 26 160 Mexican Rice 101 0 0 19 303 Mandarin Oranges 52 0 0 13 5 Fresh Pears 96 0 0 23 0	14 Clarksville Club 414 16 8 42 946 Cheese Pizza Slice 248 10 6 23 376 Pepperoni Pizza Slice 274 13 6 23 463 Zesty Steamed Broccoli 35 0 0 7 20 Carrot Nibbles with Ranch Dip 85 5 1 8 160 Manager's Choice Vegetable 62 0 0 15 0 Orange Smiles 86 0 0 21 1 Banana Split Fruit Salad 160 5 1.5 26 120	15 Kick n' Chicken BBQ with Bun 140 2.7 0 14 1063 Country Fried Steak with Texas Toast 300 19 6 16 450 Glazed Carrots 110 1.5 0 20 170 Black-eyed Peas 62 0.6 0 15 78 Mashed Potatoes 75 0 0 15 480 Fresh Pears 107 4 1.6 16 137 Chilled Peach Slices 96 0 0 23 0
19 Fiesta Macaroni with Garlic Texas Toast 262 9.7 4 24 194 Homestyle Chicken Nuggets with Biscuit 170 8 2 9 396 Glazed Carrots 250 12 6 31 490 Seasoned Green Beans 62 0.6 0 15 78 Potato Smiles 20 0 0 3 230 Fresh Apple 130 4.5 0.5 20 180 Chilled Pear Slices 55 0 0 14 0	20 Oven Roasted Chicken Fajita with Flour Tortilla 137 7 1 3 583 Beef Taco with Flour Tortilla 146 6 2 8 83 Salsa 90 2.5 1.5 15 75 Mexican Style Street Corn 37 0 0 8 181 Antigua Blend Vegetables 142 4 1 21 63 Cheesy Refried Beans 30 0 0 5 72 Mandarin Oranges 182 6 3 22 531 Fresh Banana 52 0 0 13 5	21 Salisbury Steak with Gravy with Dinner Roll 202 15 6 6 253 Cheese Pizza Slice 140 2.5 1 32 80 Pepperoni Pizza Slice 248 10 6 23 376 Rockin' Broccoli 274 13 6 23 463 Roasted Bell Peppers & Onion 24 2 0.2 2 49 Mashed Potatoes 51 2 0 7 3 Orange Smiles 107 4 1.6 16 137 Manager's Choice Fruit 62 0 0 15 0 Cinnamon Roll 113 0.5 0 25 70	22 Pulled Pork BBQ with Bun 130 6 2 2 261 Meatball Sub 130 2 0 25 125 Green Bell Peppers & Tomato Wedges w/ Ranch Dip 393 19 7 34 798 Buttered Carrots 75 5 1 5 122 Baked Beans 34 0 0 8 102 Zesty Coleslaw 150 1.5 0 29 590 Fresh Apple 87 5 1 11 149 Sweet Pineapple Tidbits 55 0 0 14 0
26 Homestyle Chicken Nuggets with Biscuit 170 8 2 9 396 Sloppy Joe with Bun 250 12 6 31 490 Roasted Broccoli 146 6 2 9 396 Glazed Carrots 130 2 0 25 125 Waffle Fries 38 0 0 8 100 Fresh Apple 62 0.6 0 15 78 Chilled Pear Slices 140 5 1 22 80	27 Nacho Grande 413 19 4 42 549 Baja Chicken Cantina Nachos 404 20 2.5 37 1049 Fresh Pico de Gallo 14 0 0 3 21 California Blend Vegetables 28 0 0 6 43 Mixed Beans 101 0 0 19 303 Carrot Nibbles with Ranch Dip 85 5 1 8 160 Mexican Rice 101 0 0 19 303 Fresh Banana 108 0 0 28 0 Chilled Peach Slices 60 0 0 14 5	28 Country Fried Steak with Texas Toast 300 19 6 16 450 Cheese Pizza 110 1.5 0 20 170 Pepperoni Pizza 300 11 5 33 440 Zesty Steamed Broccoli 335 14 6 33 555 Roasted Bell Peppers & Onion 35 0 0 7 20 Tomato Wedges w/ Ranch Dip 51 2 0 7 3 Mashed Potatoes 77 5 1 5 123 Fresh Apple 107 4 1.6 16 137 Sweet Pineapple Tidbits 55 0 0 14 0	23 Hamburger with Bun 170 14 6 0 85 Chili con Carne Topping (1/4 Cup) 130 2 0 25 125 Mozzarella-Stuffed Italian Breadsticks with Marinara 73 2.5 1 5.9 117 California Blend Vegetables 330 12 6 36 570 Carrot & Celery Nibbles with Ranch Dip 28 0 0 6 43 Oven Fried Potatoes 79 5 1 6 167 Marinated Cucumber-Tomato Salad 135 4 1 23 377 Fresh Pears 21 0 0 5 317 Chilled Peach Slices 96 0 0 23 0

Lunch Prices: Elementary Full Pay \$2.65 • Middle/High Full Pay \$2.85 • Approved Reduced \$0.40 • Adults/Visitors \$3.50

A la Carte 1/2 Pint Milk: \$0.50 each, any flavor

Choice of fresh fruit, 100% juice, crisp side salad, and a variety of milk are offered daily! • Help yourself to delicious fruits and vegetables! In order to count as a reimbursable meal, each student must have 1/2 cup fruit or vegetable on their tray. • PB&J Sandwich offered as an entree option at lunch daily.

This institution is an equal opportunity provider.