

FOOD FUN

2018 FEBRUARY

INDIAN HILL PRIMARY SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			1 Max Pizza Sticks w/ Marinara Chicken Patty Sandwich Turkey Chef Salad w/ Dinner Roll Sides: Mashed Potatoes, Celery Sticks, Garden Salad, Fresh Strawberries, Applesauce, Orange Juice, Milk	2 Pepperoni or Cheese Pizza Grilled Cheese w/ Tomato Soup All American Salad w/ Dinner Roll Sides: Steamed Spinach, Baby Carrots, Garden Salad, Fresh Mixed Fruit, Fresh Pineapple Tidbits, Assorted Juice, Milk	<p>More Info... LUNCH \$3.10 A lunch consists of 5 components: 1 meat/meat alternate (protein) 1 Grain 1 Vegetable 1 Fruit 1 Milk</p> <p>All main lunch items meet the meat/meat alternate and grain requirement which counts as 2 components.</p> <p>STUDENTS MUST TAKE AT LEAST 3 of 5 components and 1 MUST BE A FRUIT OR VEGETABLE FOR IT TO BE A LUNCH, OTHERWISE IT MUST BE CHARGED A LA CARTE.</p> <p>The following are available for purchase a la carte:</p> <p>Extra Entrée \$3.10 Extra Fruit \$.90 Extra Vegetable \$.90 Small Water \$.65 Milk \$.65</p> <p>Our lunches focus on nutrient dense whole grain breads, buns, and rolls.</p>
5 Cheese Quesadilla Chicken Nuggets w/ Pretzel Ham Chef Salad w/ Dinner Roll Sides: Mashed Potatoes, Fresh Broccoli, Garden Salad, Fresh Apple Wedges, Mixed Fruit, Fruit Juice, Milk	6 Rotini w/ Meat Sauce & Breadstick Hamburger or Cheeseburger Italian Salad w/ Ham & Dinner Roll Sides: Green Beans, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Diced Peaches, Apple Juice, Milk	7 Broccoli & Cheese Baked Potato w/ Pretzel Hot Dog on a Bun Breaded Chicken Caesar Salad w/ Dinner Roll Sides: Steamed Carrots, Zucchini Slices, Garden Salad, Fresh Banana, Diced Pears, Grape Juice, Milk	8 Beef & Bean Rice Bowl Chicken Patty Sandwich Turkey Chef Salad w/ Dinner Roll Sides: Vegetarian Baked Beans, Celery Sticks, Garden Salad, Fresh Strawberries, Applesauce, Orange Juice, Milk	9 Pepperoni or Cheese Pizza Grilled Cheese w/ Tomato Soup All American Salad w/ Dinner Roll Sides: Steamed Spinach, Baby Carrots, Garden Salad, Fresh Mixed Fruit, Fresh Pineapple Tidbits, Assorted Juice, Milk	
12 Meatloaf w/ Brown Gravy & Dinner Roll Chicken Nuggets w/ Pretzel Ham Chef Salad w/ Dinner Roll Sides: French Fries, Fresh Broccoli, Garden Salad, Fresh Apple Wedges, Mixed Fruit, Fruit Juice, Milk	13 Chicken Mashed Potato Bowl w/ Pretzel Hamburger or Cheeseburger Italian Salad w/ Ham & Dinner Roll Sides: Steamed Zucchini, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Diced Peaches, Apple Juice, Milk	14 Cheesy Baked Penne Hot Dog on a Bun Breaded Chicken Caesar Salad w/ Dinner Roll Sides: Steamed Carrots, Zucchini Slices, Garden Salad, Fresh Banana, Diced Pears, Grape Juice, Milk	15 Tater Bite Chicken Nachos w/ Tortilla Chips Chicken Patty Sandwich Turkey Chef Salad w/ Dinner Roll Sides: Campfire Chipotle Beans, Celery Sticks, Garden Salad, Fresh Strawberries, Applesauce, Orange Juice, Milk	16 Staff Development No School	
19 President's Day No School	20 Cheeseburger Rolletto Hamburger or Cheeseburger Italian Salad w/ Ham & Dinner Roll Sides: Green Beans, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Diced Peaches, Apple Juice, Milk	21 Orange Popcorn Chicken w/ Broccoli & WG Rice Hot Dog on a Bun Breaded Chicken Caesar Salad w/ Dinner Roll Sides: Steamed Carrots, Zucchini Slices, Garden Salad, Fresh Banana, Diced Pears, Grape Juice, Milk	22 French Toast Sticks w/ Syrup & Sausage Patty Chicken Patty Sandwich Turkey Chef Salad w/ Dinner Roll Sides: Black Charro Beans, Celery Sticks, Garden Salad, Fresh Strawberries, Applesauce, Orange Juice, Milk	23 Pepperoni or Cheese Pizza Grilled Cheese w/ Tomato Soup All American Salad w/ Dinner Roll Sides: Steamed Spinach, Baby Carrots, Garden Salad, Fresh Mixed Fruit, Fresh Pineapple Tidbits, Assorted Juice, Milk	
26 Salisbury Steak w/ Parsley Egg Noodles & Brown Gravy Chicken Nuggets w/ Pretzel Ham Chef Salad w/ Dinner Roll Sides: Green Beans, Fresh Broccoli, Garden Salad, Fresh Apple Wedges, Mixed Fruit, Fruit Juice, Milk	27 Chicken Mashed Potato Bowl w/ Pretzel Hamburger or Cheeseburger Italian Salad w/ Ham & Dinner Roll Sides: Steamed Carrots, Red Pepper Strips, Garden Salad, Fresh Orange Wedges, Diced Peaches, Apple Juice, Milk	28 Chili Mac Hot Dog on a Bun Breaded Chicken Caesar Salad w/ Dinner Roll Sides: Golden Corni, Zucchini Slices, Garden Salad, Fresh Banana, Diced Pears, Grape Juice, Milk			

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Available Daily...

SunButter & Jelly Sandwich
 Yogurt Boat (4 oz. Yogurt, String Cheese, Muffin)
 Variety of Fruit
 Variety of Vegetables
 Variety of 1% and Skim Milk

Menus are subject to change without notice.

