

INDIAN RIVER SCHOOL DISTRICT



February 2010



Lunch Menu ♦ Grades K-8

Nutrition Tip:

Keep those winter colds away: eat balanced meals with plenty of fruits and vegetables, exercise daily, wash hands frequently and get a good night's sleep.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hot dog on bun Baked beans Applesauce Low fat milk	2 Chicken nuggets Scalloped potatoes Steamed broccoli Fruit Low fat milk	3 Taco with cheese Salsa Lettuce & tomato Seasoned corn Peaches Low fat milk	4 Cheese steak sub Lettuce & tomato Vegetable soup with crackers Fruit Low fat milk	5 Mozzarella sticks Marinara sauce Tossed salad Mixed fruit Low fat milk
8 Chicken patty on bun Lettuce & tomato Potato wedges Pears Low fat milk	9 Cheese quesadilla Salsa Mixed vegetables Assorted juice bar Low fat milk	10 Shepherd's pie Peas Split top roll Peaches Low fat milk	11 Ravioli Green beans Toasted bread stick Fruit Low fat milk	12 Popcorn chicken with ranch dressing California blend vegetables Split top roll Fresh fruit ♥Valentine's Day♥ dessert Low fat milk
President's Day No School	16 Personal pan pizza Seasoned corn Fruit Low fat milk	17 Cheeseburger on bun Lettuce & tomato Oven baked fries Peas Low fat milk	18 Chicken fajita on tortilla Lettuce & tomato Salsa Fiesta rice Mixed fruit Low fat milk	<u>Breakfast for Lunch</u> 19 French toast sticks Syrup Sausage patty Hash browns Assorted fruit Low fat milk
22 Cheese 4 x 6 pizza Mixed vegetables Fruit Low fat milk	23 Oven fried chicken Mashed potatoes & gravy Green beans Split top roll Peaches Low fat milk	24 BBQ rib or chicken sandwich Potato rounds Peas & carrots Orange sherbet Low fat milk	25 Rotini with meat sauce Tossed salad Italian bread Pineapple & mandarin orange blend Low fat milk	Chef's Choice