

Whiteford Elementary February 2017 Lunch Menu

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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

**Students must choose at least one fruit or vegetable*



Fresh Fruits and Vegetables Offered Daily



*Vegetables may include:

- Broccoli Florets
- Carrots
- Leafy Green Salads
- Legume Salads
- Celery & Cucumber

*May choose two 1/2 cup servings cup servings

Fresh Produce from Local Farms based on crop availability

*Fruits may include:

- Crisp Apple
- Sliced Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Pineapple Tidbits
- Diced Peaches
- Applesauce

*May choose 1/2 cup serving



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

Lunch Prices:
Paid \$2.50
Reduced \$.40
Milk \$.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cheeseburger Mac Sweet Peas Mandarin Oranges Choice of Milk	2 Walking Taco Pintos & Cheese Mexican Rice Fresh Apple Choice of Milk	3 Nat'l Wear Red Day <i>Wear Red Get a Crazy Straw</i> BoSCO Sticks w/ Marinara Fresh Carrots Red Apples Choice of Milk
6 Hot Ham & Cheese Sweet Potato Fries Mixed Fruit Choice of Milk	7 Chicken & Cheese Quesadilla Refried Beans Fresh Orange Slices Choice of Milk	8 Hot Dog on Bun Baked Beans Diced Peas Choice of Milk	9 Homestyle Chicken Tenders w/ Fresh Roll Mixed Veggies Fresh Apple Choice of Milk	10 Cheese Pizza Fresh Broccoli Chilled Applesauce Choice of Milk
13 Cheesy Bosco Sticks w/ Marinara Homestyle Green Beans Cinnamon Applesauce Choice of Milk	14 Happy Valentine's Popcorn Chicken w/ Fresh Roll Mashed Potatoes & Gravy Buttery Corn Mandarin Oranges	15 Wellness Wednesday Beef Soft Taco Pintos & Cheese Mexican Rice Mixed Fruit Choice of Milk	16 HALF DAY NO LUNCH Join us for Breakfast	17 HALF DAY NO LUNCH Join us for Breakfast
20 PRESIDENT'S DAY NO SCHOOL 	21 Beef & Cheese Nachos Corn Nibblers Black Beans Diced Peas Choice of Milk	22 Chicken Alfredo Pasta w/ Garlic Bread Steamed Broccoli Fresh Orange Slices Choice of Milk	23 Meatball Hoagie w/ Cheese Honey Glazed Carrots Diced Peaches Choice of Milk	24 Cheese Pizza Celery Sticks Fresh Apple Choice of Milk
27 Brunch for Lunch French Toast Sticks w/ Syrup Potato Wedges Mixed Fruit Choice of Milk	28 Chicken Sticks w/ Roll Mixed Veggies Diced Peaches Choice of Milk			Did you know Black History Month was made official by President Gerald Ford in 1976
Monday Second Entrée Option: Mini Corn Dogs Brownie \$1	Tuesday Second Entrée Option: Cheeseburger Chips \$.75	Wednesday Second Entrée Option: Chicken Nuggets w/ Roll Fruit Snack \$.50	Thursday Second Entrée Option: Chicken Patty on Bun Chips \$.75	Friday Second Entrée Option: Ham & Cheese Wrap Cocoa Cherry Bar \$1