

MSAD # 3 Nutrition Program - Broadreach, Pre-K, Headstart, K-5 School Lunch Menu February

Elementary Lunch Prices: \$1.75 paid; 40 cents reduced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
1 Grilled Cheese Sandwich on Whole Wheat Bread/Cottage Cheese Tomato Soup Green Beans/Peaches	2 Rodeo Cheeseburger on Whole Wheat Roll/Baked Potato Puffs Melon Chunks Tossed Salad	3 Turkey & Cheese Sandwich on Whole Wheat Bread Macaroni Salad/Orange Wedges Celery Sticks with Dip	4 Pork Roast/Gravy Whole Wheat Roll Mashed Potatoes/Corn Cranberry Sauce	5 Turkey Frank on Whole Wheat Roll/Baked Beans Coleslaw Applesauce
8 Tuna Noodle Casserole Whole Wheat Roll Peas/Tossed Salad Apple Slices with Cinnamon	9 Teriyaki Rice Bowl Mini Egg Roll Steamed Broccoli Fresh Pineapple Wedges	10 American Chop Suey Garlic Bread/Steamed Spinach Tossed Salad Pears	11 Chicken Nuggets Baked Fries Beets/Tossed Salad Mixed Fruit	12 Whole Wheat Cheese or Pepperoni Pizza Carrot Sticks with Dip Grapes/Tossed Salad
15 Holiday No School	16 Vacation No School	17 Vacation No School	18 Vacation No School	19 Vacation No School
22 Whole Wheat Pancakes Turkey Sausage Patties Yogurt & Blueberries Orange Juice	23 Beef Stroganoff over Egg Noodles Whole Wheat Roll Green Beans/Tossed Salad Mixed Fruit	24 Baked Chicken Rice Pilaf Peas/Applesauce Tossed Salad	25 Ham & Cheese Sandwich on Whole Wheat Bread Macaroni Salad/Peaches Cucumber Coins with Dip	26 Whole Wheat Spaghetti with Meat or Marinara Sauce Garlic Bread Stick/Tossed Salad Steamed Cauliflower Apple Slices with Cinnamon

*Peanut butter and jelly sandwich is offered as a choice daily.

A variety of milk is offered with every meal.

Menu subject to change without notice.