

February LUNCH MENU: SSPC 3-5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Chili Mac (1 c) with Ground Turkey (1.5 oz) Whole Grain Penne Pasta (1/2 c) Tomato Sauce (1/8 c) Fresh Honeydew melon * (1/4 c) Milk (6 oz)	Turkey Burger (2 oz) Potato Wedges (1/4 c) Baked Apple Slices (1/4 c) Whole Grain Burger Roll (2 oz) Milk (8oz)
5	6	7	8	9
Macaroni & Cheese(2 oz) (1 c) Whole Grain Penne Pasta (1/2 c) Broccoli (1/4 c) Fresh Cantaloupe * (1/4 c) Milk (6 oz)	Baked Chicken (1.5 oz) Mashed Sweet Potatoes (1/8 c) Green Beans (1/8 c) Fresh Watermelon * (1/4 c) Whole Grain Wheat Bread (1/2 sl) Milk (6 oz)	Cheese Pizza (6 oz) Cheese (1.5 oz) Pizza Sauce (1/4 c) Corn (1/4 c) Mandarin Orange Slices (1/4 c) Milk (8oz)	Grilled Chicken Salad (1.5 oz) Salad : Romaine&MesclunMix (1/2 c) Whole Grain Croutons (1/4 c) Caesar Dressing (1 oz) Fresh Honeydew melon * (1/4 c) Milk (6 oz)	BBQ Chicken Sandwich (1.5 oz) Potato Wedges (1/4 c) Guava & Pineapple (1/4 c) Whole Grain Burger Roll (2 oz) Milk (6 oz)
12	13	14	15	16
Taco w/ Ground Turkey (1.5 oz) DiceTomato & Tomato Sauce (1/8 c) Iceberg Lettuce (1/8 c) Pineapple Chunks (1/4 c) Whole Grain Corn Tortilla (1.5 oz) Milk (6 oz)	Fajita Turkey (1.5 oz) Brown Rice (yellowrecipe) (1/2 c) Green Pepper & Onion (1/8 c ea.) Diced Tomato (1/8 c) Fresh Watermelon * (1/4 c) Milk (6 oz)	Lemon Curry Chicken (1.5 oz) Fried Brown Rice (1/2 c) Onion (1/8 c) Curried Chick Peas (1/4 c) Fresh Cantaloupe * (1/4 c) Milk (6 oz)	Whole Grain Spag (2 oz) w/ Ground Turkey (1.5 oz) Tomato Sauce (1/8 c) Green Beans (1/8 c) Guava & Pineapple (1/4 c) Milk (6 oz)	Chicken Salad Sandwich (1.5 oz) Salad : Romaine&MesclunMix (1/2 c) Tomato & Cucumber (1/8 c) with Italian Dressing (1 oz) Whole Grain Wheat Bread (1 slice) Fresh Honeydew melon * (1/4 c) Milk (6 oz)
19	20	21	22	23
SCHOOL CLOSED PRESIDENT'S DAY	Sliced Turkey Sandwich (1.5 oz) Salad : Romaine&MesclunMix (1/2 c) Tomato & Cucumber (1/8 c) with Italian Dressing (1 oz) Mandarin Orange Slices (1/4 c) Whole Grain Wheat Bread (2 slice) Milk (6oz)	Chicken Tenders (2 oz) Brown Rice (yellowrecipe) (1/2 c) Sliced Carrots (1/4 c) Fresh Cantaloupe * (1/4 c) Milk (8 oz)	Baked Chicken (1.5 oz) Roasted Potatoes (1/8 c) Broccoli (1/8 c) Fresh Honeydew melon * (1/4 c) Whole Grain Wheat Bread (1/2 sl) Milk (6 oz)	Turkey Burger (2 oz) Baked Beans (Veggie) (1/4 c) Baked Apple Slices (1/4 c) Whole Grain Burger Roll (2 oz) Milk (8oz)
26	27	28		
Sloppy Joe (1.5 oz) with Ground Turkey (1/8 c) Tomato Joe Sauce (1/8 c) Green Beans (1/8 c) Fresh Cantaloupe * (1/4 c) Whole Grain Burger Roll (2 oz) Milk (6 oz)	Sliced Turkey Breast (1.5 oz) Turkey Gravy (1/4 c) Brown Rice (yellowrecipe) (1/2 c) Broccoli (1/4 c) Fresh Honeydew melon * (1/4 c) Milk (6 oz)	Cheese Pizza (6 oz) Cheese (1.5 oz) Pizza Sauce (1/4 c) Corn (1/4 c) Fresh Watermelon * (1/4 c) Milk (8oz)		

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 1-2 year old 4 fluid ounces whole unflavored milk; 3-5 year old 6 fluid oz: Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

* Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come); Davids Farm, DC; DOD Produce, DC

All Fruit Juices are 100% Juice

Bowie Produce, Landover MD