New Brighton Elementary School February Lunch Menu 2017

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Dietitian for The Nutrition Group
Lynn Cessarini: Icessarini@thenutritiongroup.biz



Ham and Cheese Deli Sandwich



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 of vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

*May choose two 1/2 cup servings

MENUS SUBJECT TO CHANGE *Fruits may include:
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears

*May choose one 1/2 cup serving

Applesauce



Milk Choices Offered Daily

Fat Free Chocolate, Vanilla, Strawberry, Skim And 1% White Milk

Lunch Prices
ALL STUDENTS RI
CEIVE ONE FREE
LUNCH PER DAY
Adult \$3.50
Milk \$.65

Turkey and Cheese Deli Sandwich

Chicken Nugget Munchable

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|-------------------|--|--|--|---|---|----|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
| | MONDAY SECOND CHOICE Cheeseburger on a Bun | TUESDAY SECOND CHOICE BBQ Rib Sandwich | WEDNESDAY SECOND CHOICE Chicken Patty Sandwich | THURSDAY SECOND CHOICE Hot Dog on a Bun | FRIDAY SECOND CHOICE Crunchy Corn Dog | |
| ents t* | Proud distributor of the Fresh Fruit and Vegetable Grant | | | | | |
| ruit or | | | 2/1 Salisbury Steak W/ Gravy Mashed Potatoes Mixed Fruit Milk Choice | 2/2 GROUNDHOG DAY BBQ Pulled Pork Sandwich Sweet Potatoes Diced Pears Milk Choice | 2/3 Fiestada Pizza Steamed Broccoli Pineapple Tidbits Milk Choice | |
| S | 2/6 Crispy Chicken Strips Seasoned Potato Wedges Mandarin Oranges Milk Choice | 2/7 Ham and Potato Au Gratin Steamed Carrots Diced Peaches Milk Choice | 2/8 Pizza Pasta Bake Bread Slice Romaine Salad Blend Diced Peaches Milk Choice | 2/9 Crunchy Corn Dog Baked Beans Diced Pears Milk Choice | 2/10 Italian Dunkers Steamed Corn Pineapple Tidbits Milk Choice | |
| ts | 2/13 NO SCHOOL | 2/14 VALENTINE'S DAY Pasta W/ Meat Sauce Soft Pretzel Green Beans Diced Peaches Milk Choice & Cookie | 2/15 Beef Gyro Baked Beans Mixed Fruit Milk Choice | 2/16 Creamy Chicken Alfredo Steamed Broccoli Diced Pears Milk Choice | 2/17 French Bread Pizza Steamed Carrots Pineapple Tidbits Milk Choice | |
| e 1/2 | 2/20 PRESIDENT'S DAY | 2/21 Italian Sausage Sandwich Steamed Carrots Diced Peaches Milk Choice | 2/22 Meatball Hoagie W/ Cheese Seasoned Corn Mixed Fruit Milk Choice | 2/23 Walking Taco W/ RF Doritos Dinner Roll Refried Beans Diced Pears Milk Choice | 2/24 Grilled Cheese Sandwich Tomato Soup Green Beans Pineapple Tidbits Milk Choice | |
| es: GRE- EE | 2/27 Popcorn Chicken Bowl Entrée Includes Mashed Potatoes Mandarin Oranges Milk Choice | 2/28 Macaroni and Cheese Steamed Broccoli Diced Peaches Milk Choice | (AATUUSUUS) | | The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE | |
| | MONDAY'S THIRD CHOICE | TUESDAY'S THIRD CHOICE | WEDNESDAY'S THIRD CHOICE | THURSDAY'S THIRD CHOICE | FRIDAY'S THIRD CHOICE | 1 |

Peanut Butter and Jelly Sandwich

Nacho Munchable