

# FEBRUARY 2019

# NHSD Elementary Lunch Menu

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## DID YOU KNOW...

THE ROMAN MONTH FEBRUARIUS WAS NAMED AFTER THE LATIN TERM FEBRUUM, WHICH MEANS PURIFICATION, VIA THE PURIFICATION RITUAL FEBRUA HELD ON FEBRUARY 15 (FULL MOON) IN THE OLD LUNAR ROMAN CALENDAR.

**1**  
Cheese Quesadilla  
Alt Popcorn Chicken  
Alt: Ham & Cheese Hoagie  
Steamy Broccoli  
Potato Smiles  
Pineapple Tidbits  
Mini WG Alphabet Cookies  
Assorted Milk

**4**  
Cheesy Pizza Wedge w/wo Pepperoni  
Alt: Chicken Patty Sandwich  
Alt: Turkey & Cheese Shortie  
Honey Baked Beans  
Blue Raspberry/Lemon 100%  
Fruit Juice Sidekick Smoothie  
Assorted Milk

**5**  
**Brunch for Lunch!**  
Pancakes w/wo Sausage  
Alt: Bacon, Egg & Cheese on Whole Grain Muffin  
Alt: Ham & Cheese Sandwich  
Tater Tots  
Chilled Applesauce  
Assorted Milk

**6**  
Big Daddy's Pizza  
Alt Burger w/wo Cheese  
Alt: Tuna Fish Sandwich  
Golden Corn  
Sweet Potato Bites  
Mixed Fruit Cocktail  
Assorted Milk

**7**  
Spaghetti with plain or meat sauce  
Alt: Max Pizza Sticks w/wo Dipping Sauce  
Alt: Egg Salad Sandwich  
Garlic Bread  
Steamed Broccoli Bites  
Diced Sweet Pears  
Assorted Milk

**8**  
Breaded Fish Ocean Shapes  
Alt: Chicken Drumsticks  
Alt: Ham & Cheese Hoagie  
Dinner Roll  
Oven Baked Fries  
Steamy Green Beans  
Sliced Peaches  
Assorted Milk

**11**  
Grilled Cheese Sandwich  
Alt: Popcorn Chicken w/wo Roll  
Alt: Turkey & Cheese Shortie  
Tomato Soup  
Steamy Broccoli  
Pineapple Tidbits  
Assorted Milk

**12**  
State Fair Corn Dog  
Alt: Mini Cheese Calzonette  
Alt: Ham & Cheese Sandwich  
OB Curly Fries  
Carrot Coins  
Chilled Applesauce Cup  
Assorted Milk

**13**  
Specialty Heart Nuggets  
Alt: Meatball Sub  
Alt: Tuna Fish Sandwich  
Steamy Green Beans  
Potato Smiles  
Valentine Cookie  
Rosati 100% Juice Sweet'  
Heart Water Ice  
Assorted Milk

**14**  
No School

**15**  
No School

**18**  
No School

**19**  
**Brunch for Lunch!**  
French Toast w/wo Sausage  
Alt: Egg & Cheese on Whole Grain Muffin w/wo Sausage  
Alt: Ham & Cheese Sandwich  
Tater Tots  
Sliced Peaches  
Assorted Milk

**20**  
Beef & Cheese Nachos  
Alt: Stuffed Crust Pizza  
Alt: Tuna Fish Sandwich  
Golden Corn  
Cucumber Coins  
Sweet Pear Cup  
Assorted Milk

**21**  
Ravioli w/wo Sauce  
Alt: Cheezy Bread Sticks  
Alt: Egg Salad Sandwich  
Steamy Broccoli  
Garlic Bread  
Pineapple Tidbits  
Assorted Milk

**22**  
Chicken Drumsticks w/wo Soft Pretzel Stick  
Alt: Personal Pizza w/wo Pepperoni  
Alt: Ham & Cheese Hoagie  
Oven Baked Fries  
Honey Baked Beans  
Mandarin Oranges  
Assorted Milk

**25**  
French Bread Pizza  
Alt: Chicken Tenders w/wo Roll  
Alt: Turkey & Cheese Shortie  
Glazed Carrot Coins  
Mixed Fruit Cocktail  
Assorted Milk

**26**  
Hot Dog on WG Bun  
Alt: Grilled Cheese Sandwich  
Alt: Ham & Cheese Sandwich  
Crispy French Fries  
Tomato Soup  
Chilled Applesauce  
Assorted Milk

**27**  
Chicken Nuggets  
Alt: Max Pizza  
Alt: Tuna Fish Sandwich  
Honey Baked Beans  
Onion Rings  
Fresh Zucchini Sticks w/wo Dip  
Mandarin Oranges  
Assorted Milk

**28**  
Beef Soft Tacos  
Alt: Cheese Pizza  
Alt: Egg Salad Sandwich  
Brown Rice  
Golden Corn  
Sweet Pear Cup  
Assorted Milk

**DON'T FORGET YOUR Grab & Go BREAKFAST!**  
\*\*Please remember, if your child receives free or reduced lunch, they also receive free or reduced breakfast\*\*

Menu is Subject to Change

Student Lunch \$2.90  
Reduced Lunch \$ .40

Additional Meal Choices

Include:

Peanut Butter & Jelly  
Uncrustable, String Cheese  
Combo w/Goldfish Crackers  
Or  
Yogurt, Bagel, String Cheese  
Combo w/wo Toppings  
Additional Fruit & Veg.

Choices Include:

100% Assorted Fruit Juice:  
Orange, Apple or Fruit Punch  
Baby Carrots w/wo Ranch Dip  
Side Garden Salad  
Fresh Fruit Basket w/ Apples,  
Oranges and Bananas

1% White, FF White, FF Choc.  
& FF Straw. Milk offered daily

**Federal Guidelines for School Lunches:**

5 Meal Components Offered:  
Meat/Meat Alternate,  
Bread/Grain, Vegetable, Fruit  
and Milk

Students must choose 3 of the 5. One of the 3 chosen must be a fruit or vegetable for the meal to be considered a school lunch.