SCHOOLHOUSE GRILL
School Meal Specialist

Sparkles! Crystal City - Lunch

February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS	Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges All lunches served with age appropriate milk, either 1% or whole milk.	Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges		Fresh Grilled Beef Hamburger Patty on Bun 1 ea Cooked Sweet Baby Peas ¼ c Veggie: Morningstar Garden Burger on Bun Fresh or Chilled Fruit
4	**5**	**6**	**7**	**8**
Hawaiian Meatballs 3 ea & Enriched Long Grain Rice ¼ c Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip Veggie: Hawaiian Veggie Balls Fresh Fruit	Spiral Mac & Cheese ½ c Five-Way Hot Mixed Vegetables ¼ c Veggie: Mac & Cheese Fresh or Chilled Fruit	"Breakfast For Lunch" Buttermilk Pancakes 2 ea w/ Syrup Chicken Sausage Patty 1 ea Veggie: Veggie Breakfast Patty Fresh or Chilled Fruit	Four Cheese Ravioli w/ Marinara Sauce ½ c Sweet Yellow Corn ¼ c Veggie: Cheese Ravioli Fresh Fruit	Whole Grain Baked Chicken Nuggets 4 ea Cooked Carrot Coins ¼ c Veggie:Morningstar Nuggets Fresh or Chilled Fruit
11	**12**	**13**	**14**	**15**
Rainbow Tortellini Pasta w/ Kale Pesto Sauce ½ c Fresh Green Beans ¼ c Veggie: Rainbow Tortellini Pasta w/ Kale Pesto Sauce Fresh Fruit	Spiral Mac & Cheese ½ c California Blend Mixed Vegetables ¼ c Veggie: Mac & Cheese Fresh or Chilled Fruit	Cheesy Baked Ziti ½ c Cooked Sweet Baby Peas ¼ c Fresh or Chilled Fruit Veggie: Cheesy Baked Ziti	Chicken Fajita Rice Bowl (Chicken Fajita 2 oz over Rice ¼ c w/ Cheddar Cheese); Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip; Veggie: Bean Rice Bowl; Fresh or Chilled Fruit	Fresh Grilled Chicken Breast 1ea Creamy Mashed Potatoes ¼ c Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip Veggie: Veggie Chik Patty Fresh or Chilled Fruit
18	**19**	**20**	**21**	**22**
President's Day Holiday School Closed	Italian Spaghetti w/ Bolognese (non-beef) Sauce ½ c Fresh Green Beans ¼ c Veggie: Italian Spaghetti w/ Marinara Fresh or Chilled Fruit	"Breakfast For Lunch" French Toast Sticks 3 ea w/ Syrup Chicken Sausage Patty 1 ea Veggie: Veggie Breakfast Patty Fresh or Chilled Fruit	Creamy Chicken Penne Alfredo ½ c Cooked Carrot Coins ¼ c Veggie: Penne Alfredo Fresh or Chilled Fruit	Breaded Chicken Patty on Bun 1 ea Cooked Sweet Baby Peas ¼ c Veggie: Morningstar Chik Patty on Bun Fresh or Chilled Fruit
25	**26**	**27**	**28**	
Northwestern Pollock Fish Bites 3 ea Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip Veggie: Morningstar Nuggets Fresh or Chilled Fruit	Italian Turkey Meatball 3 ea Sub Five-Way Hot Mixed Vegetables ¼ c Veggie: Italian Veggie Ball Sub Fresh or Chilled Fruit	Baked Chicken Fingers 3 ea Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing Veggie: Morningstar Nuggets Fresh or Chilled Fruit	Spiral Mac & Cheese ½ c Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip Veggie: Mac & Cheese Fresh or Chilled Fruit	