

Feb./March 2018 Lunch Menu

Breakfast: \$1.35/day=\$22.95

Lunch: \$2.75/day= \$46.75

Milk: \$.50=\$8.50

Monday	Tuesday	Wednesday	Thursday	Friday
Feb. 12 Chicken Fajita With onions and peppers Seasoned brown rice Assorted Fruit Choice or 100% fruit juice Milk Choice <u>Elementary Sandwich Lunch</u> Peanut butter and fluff sandwich or yogurt lunch	Feb. 13 Taco Salad with seasoned Beef Lettuce, tomatoes Cheese & Salsa Steamed Corn & Black Beans Diced Pears Milk Choice <u>Elementary Sandwich Lunch</u> Turkey and cheese sandwich Or yogurt lunch	Feb. 14 Popcorn Chicken Steamed Sweet Peas Warm wheat roll Cucumber slices Assorted Fruit Choice Milk <u>Elementary Sandwich Lunch</u> Egg Salad sandwich on a roll or yogurt lunch	Feb. 15 Cheeseburger on a wheat roll Steamed Honey Glazed Carrots, Pickles Fresh Fruit Choice Milk Choice <u>Elementary Sandwich Lunch</u> Ham and cheese sandwich or yogurt lunch	Feb. 16 <p style="text-align: center;">Professional Development Day No School Today</p>
Feb. 19 <p style="text-align: center;">President's Day No School Today</p>	Feb. 20 <p style="text-align: center;">Professional Development Day No School Today</p>	Feb. 21 Beef Hot Dog on a bun Sweet Potato French Fries Baked Beans Mixed Fruit Cup Milk Choice <u>Elementary Sandwich Lunch</u> Egg Salad on a Roll or Yogurt lunch	Feb. 22 Chicken & Gravy over Whipped Potatoes Steamed Corn Honey Wheat Dinner Roll Applesauce, Milk Choice <u>Elementary Sandwich Lunch</u> Ham and Cheese or Yogurt Lunch	Feb. 23 Baked Macaroni & Cheese Sweet Green Peas Baby Carrots Mixed Fruit Cup or 100% Fruit Juice Milk Choice <u>Elementary Sandwich Lunch</u> Tuna salad sandwich or Yogurt Lunch
Feb. 26 Cheese Quesadilla Garden Salad Refried Beans Assorted Fresh Fruits or 100% Fruit Juice Milk Choice <u>Elementary Sandwich Lunch</u> Peanut butter and Fluff or yogurt Lunch	Feb.27 French Toast Sticks Cheddar Omelet Potato Rounds Applesauce Cup Assorted Milk Choice <u>Elementary Sandwich Lunch</u> Turkey and cheese sandwich or yogurt lunch	Feb.28 Teriyaki Chicken Bites Seasoned Brown Rice Steamed Corn Pineapple Cup Milk Choice <u>Elementary Sandwich Lunch</u> Egg Salad on a roll or yogurt lunch	March 1 Oven Fried Chicken Carrot coins Warm Wheat Roll Buttered Noodles Fresh Apples Milk Choice <u>Elementary Sandwich Lunch</u> Ham & Cheese Sandwich or yogurt lunch	March 2 Crispy Fish Sandwich Garden Salad Seasoned Potato Wedges Apple Slices or 100% fruit juice, Milk Choice <u>Elementary Sandwich Lunch</u> Tuna Salad on a roll or yogurt lunch
March 5 Mozzarella Sticks with Marinara Sauce Steamed Green Beans Warm Garlic Breadstick Fresh Fruit Choice or 100% Fruit Juice Milk Choice <u>Elementary Sandwich Lunch</u> Peanut butter and fluff sandwich or yogurt lunch	March 6 Chicken Nuggets with Whipped Potatoes Sweet Corn Warm Honey Wheat Roll Cinnamon applesauce Cup Milk Choice <u>Elementary Sandwich Lunch</u> Turkey and cheese sandwich or yogurt lunch	March 7 B.B.Q Pulled Turkey on a roll, Pickles Sweet Potato French Fries Baked Beans Mixed Fruit Cup Milk Choice <u>Elementary Sandwich Lunch</u> Egg salad sandwich or yogurt lunch	March 8 Warm Ham and Cheese Sandwich on a Croissant Roll Stone Soup Cucumber Slices with Ranch Dip Assorted Fruit Choice <u>Elementary Sandwich Lunch</u> Ham & cheese sandwich or yogurt lunch	March 9 Baked Macaroni & Cheese Sweet Green Peas Mixed Fruit Cup or 100% Fruit Juice Milk Choice <u>Elementary Sandwich Lunch</u> Tuna Salad on a roll or yogurt lunch

Alternate lunch choices include all five-food group components. All juice drinks are 100% juice. This menu is subject to change without notice. Please remember applications for Free and Reduced Lunch is available on the Ashford School Website www.AshfordCt.org; please have your child bring his or her prepayments to cafeteria when entering school in the morning. **NO PREPAYMENTS CAN BE ACCEPTED DURING LUNCH!**

Breakfast is available everyday for \$1.25. We have bagels, muffins, cereal, yogurt, eggs, egg and cheese sandwiches, wheat breakfast buns, wheat pancakes, and wheat French toast. Included with breakfast are milk, fruit and 100% juice.

The 5 meal components for school lunch include:
Meat component, grain, fruit, vegetable, and milk
 You choose at least 3 including $\frac{1}{2}$ cup of vegetables or fruit and at least 2 other components. For best nutrition, choose all 5!

Yogurt Bag lunches include:

- 4 oz Assorted yogurt
- Cheese stick
- Assorted whole grain choice
- Fruit
- Veggie Sticks

We also offer a gluten-free option everyday!