

FEBRUARY 2013 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Shredded Beef on a Whole Wheat Bun, Confetti Coleslaw and Berry YoNana®
4 Grilled Turkey, Tomato and Swiss on Whole Wheat Bread with Pineapple	5 Zucchini Italiano, Garlic Breadstick and Kiwi	6 Lean Beef Stew, Garlic Wheat Roll and Mandarin Oranges	7 Whole Wheat Bread with Fresh Fruit Preserves and Peanut Butter, Cucumber and Apple Slices	8 Healthy Krab® Salad over Lettuce, Garlic Knot and Grapes
11 Cheesy Chicken Pasta with Cauliflower and Pepper Slices	12 Tomato, Broccoli Quiche Cups with Whole Wheat Crust and Kiwi Slices	13 Tuna Melt on Whole Wheat Bread, Broccoli and Fresh Fruit Salad	14 Chicken Breast Sandwich with Avocado, Lettuce and Tomato on Whole Wheat Bun, Snap Peas & Pineapple	15 Turkey Cranberry Wrap with Lettuce & Tomato, and Cucumber Slices
18 Minestrone Soup, Whole Wheat Roll and Pineapple	19 Mexi-Quinoa Salad, Pepper Strips and Kiwi	20 Whole Wheat Turkey Pasta with Roasted Broccoli & Tomato with Fresh Fruit	21 Shredded Chicken Tacos, Corn Salad and Apple Slices	22 Southwestern Pizza (Peppers, Cheese, Black Beans & BBQ Sauce) with Mandarin Oranges
25 Bean and Cheese Burritos, Broccoli and Fresh Fruit	26 Egg Salad Sandwich on Whole Wheat Bread, Snap Peas and Kiwi	27 Sweet & Sour Turkey with Brown Rice, Stir Fry Veggies and Mandarin Oranges	28 Homemade Chili, Cornbread and Apple Slices	

*All fruits and vegetables are fresh. Any grain should be whole wheat or multi-grain. All milk based products such as cheeses are 2%. All meats should be lean cut and low sodium. Any dip should be low fat or fat free. All meals served with milk.