

The NEST



February Lunch Menu

8 oz MILK offered with each meal (fat free or 1% white milk, NF chocolate or 1% flavored) BREAD/GRAINS.....Whole Grain or Enriched; 1 serving or ½ cup MEAT MEAT/ALTERNATE 2 oz ...FRUIT: (1/2 cup) FRESH FRUIT& VEGETABLES (1/2 cup)

Mon	Tue	Wed	Thu	Fri
<u>Jan 30</u> Turkey Sandwich with Provolone cheese & Chipotle Green Beans Side Salad	<u>Jan 31</u> Meatball sub OR Spaghetti Collard Greens Side Salad	<u>Feb 1</u> The All Beef "Dog" French Fries Baked Beans Soup	Black History Celebration Wings in a basket <u>Please return baskets</u> Baked Macaroni & cheese Fresh Kale	<u>Feb 3</u> Pizza Broccoli Caesar Salad
Sandwich PBJ Or Egg Salad	Sandwich Turkey w/Cheese Or Ham & Swiss on rye	Sandwich	Sandwich Tuna on Roll Turkey w/Cheese	Sandwich Egg Salad Or PBJ
Black History Celebration Ham or Turkey Potato Salad Green Beans	<u>7</u> Chicken Patty Parmesan Mixed Vegetables Caesar Salad	<u>8</u> All American Hamburger Or Turkey Wrap Sweet Potato Fries Corn Soup	<u>9</u> Beef Stir Fry over Rice Or Ham Casserole Glazed carrots Side Salad	<u>10</u> Honey Mustard Salmon OR Chef's Choice Broccoli Dill Potato Soup
Sandwich PBJ Or Egg Salad Sandwich	Sandwich Turkey w/Cheese Or Ham & Swiss on rye	Sandwich Chicken Wrap Or Tuna Sandwich	Sandwich Turkey w/Cheese	Sandwich Egg Salad Or PBJ
<u>13</u> Spaghetti with Meatballs Green Beans Caesar Salad Side Salad	Black History Celebration Jerk Chicken Red Beans & Rice Broccoli	<u>15</u> Beef stew or Spaghetti Dinner Roll Mashed Potato Side Salad	<u>16</u> Chicken Tenders Sweet Potato Fries Corn Side Salad	<u>17</u> Chesapeake Tilapia Or Spaghetti Collard Greens Corn Bread Soup
Sandwich	Sandwich Turkey w/Cheese	Sandwich Chicken Wrap Or Tuna Sandwich	Sandwich	Sandwich Egg Salad Or PBJ
<u>20</u> PRESIDENT'S DAY  SCHOOL CLOSED	<u>21</u> Spaghetti & Meatballs OR with Plain Sauce Caesar Salad	<u>22</u> Black History Celebration Catfish Nuggets Baked Yams Collard Greens "ASH WEDNESDAY"	<u>23</u> Chicken with rice Asparagus Dinner Roll	<u>24</u> Tuna Sandwich on Roll French Fries Green Beans Soup
Sandwich	Sandwich Turkey w/Cheese	Sandwich PBJ Or Tuna Sandwich	Sandwich Chicken Salad on roll	Sandwich Egg Salad Or PBJ
<u>27</u> Lasagna Green Beans Caesar Salad Garlic Bread	<u>28</u> Spicy Chicken Patty On a Roll Corn Side Salad	<u>29</u> Toasted Turkey & Cheese Sandwich Mixed Vegetables Tomato Soup	<u>1</u> The All Beef "Dog" French Fries Baked Beans Side Salad	<u>2</u> Salmon over Rice Broccoli Chef's Choice Soup
Sandwich Turkey with Cheese	Sandwich Turkey w/Cheese Or Ham & Swiss on rye	Sandwich PBJ Or Egg Salad Sandwich	Sandwich	Sandwich Egg Salad Or PBJ

Menu subject to change without notice

HOT... SOUP WILL BE SERVED ON WEDNESDAY AND FRIDAY THROUGH THE WINTER MONTHS