



Unkhannock Primary February 2019 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
No School		Let It SNOW		1 Pretzel Bun Melt Tomato Soup Mixed Fruit
4 Football Nuggets WW Roll Mashed Potato Gravy Mixed Vegetables Mixed Fruit	5 Pretzel Bun Melt Tomato Soup Pears	6 Spaghetti w/ Meatballs WW Roll Green Beans Cinnamon Apple Sauce	7 Cheeseburger on a Bun Baked Fries Mixed Fruit	8 Stuffed Crust Pizza Mixed Veggies Chilled Peaches
11 Chicken Fryz w/ Dipping Sauce WW Roll Mixed Veggies Assorted Fruit	12 Beacon Street Cheese Stick w/ Pizza Dipping Sauce Steamed Broccoli Chilled Peaches	13 French Toast Sticks Potato Smiles Sausage Patties Chilled Applesauce	14 Hot Dog Seasoned Green Beans Mixed Fruit Happy Valentine's Day	15 Nemo Cheese Sandwich Tomato Soup Apple Crisp
18 Chicken Patty on a Bun Seasoned Mixed Veggies Chilled Pears	19 Nacho Grande Taco Meat & Cheese Over WG Nacho Rounds Lettuce & Tomato Carrots Chilled Peaches	20 Rotini w/ Meatballs WW Roll Cinnamon Apple Sauce 	21 Cheeseburger on a Bun Baked Fries Mixed Fruit	22 French Bread Pizza Seasoned Broccoli Cinnamon Apple Sauce
25 Chicken Nuggets Tater Tots Mixed Veggies Apple Sauce **Menu Subject to Change**	26 Hard Shell Taco (taco Meat & Cheese) Lettuce & Tomato Cup Carrots Chilled Peaches	27 Chicken Fryz w/ Sauce Mashed Potatoes & Gravy Mixed Fruit Cup	28 French Toast Sticks Potato Smiles Sausage Patties Chilled Applesauce	A complete breakfast & Lunch Are free to all students <u>Extra Milk .50</u>

2/4 Yogurt w/ Graham
Crackers & Cheese
2/11 Pizza
2/18 Yogurt w/ Graham
Crackers & Cheese
2/25 Sloppy Joe Sandwich
**PB&J served
Daily**

What is a Meal?
You must choose 3 of 5
Components offered.

Minimum of 1/2 cup of
Vegetable or fruit must
Taken daily.

Meat or Meat Alternative
Grain
Vegetable
Fruit
Milk

Choice of Milk served
Daily
(1% & Skim White & Fat
Free Flavored)
Milk .50



A choice of milk is offered with all meals!