

Cotting School February 2024, Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Offered Daily
			1) Fish Fillet Sweet Potato fries Tartar Sauce Grilled Chicken (S Bar) Salad Fruit	2) Ham & Cheese Sandwiches Ham + Wraps Tuna w/mayo (SBar) Chicken Noodles Soup Salad + Fruit FF Chocolate Milk	<p>Salad Bar includes: Greens, a variety of vegetables, protein choices, and different cheeses</p> <p>Alternative Meals: Cheese Sandwiches Sun Butter Sandwiches Sun Butter & Jelly Sandwiches with yogurt</p> <p>Other Options: Yoplait Yogurt 6oz Greek Yogurt 6oz Fresh Fruit</p> <p>Drinks: 1% Low Fat Milk Skim fat Free Milk And once a week Fat Free Chocolate Milk</p> <p>Soup on Wednesday and Friday.</p> <p>For Food ALLERGY - Check with Kitchen Staff</p> <p><i>Menus are subject to change</i></p>
5) Stuffed Shells w/light sauce Mixed Veggies Gluten free Pasta Grilled Chicken (SBar) Salad Fruit	6) Chicken Fingers French Fries Gluten Free Chicken Boiled Eggs (SBar) Sweet & Sour Sauce Salad Fruit	7) Tuna Salad Sandwiches Tuna + wraps Honey Turkey (SBar) Italian Wedding Soup Salad Fruit	8) Chili Green Beans Cornbread + Butter Turkey (SBar) Salad Fruit	9) Grilled Cheese Sandwiches Chicken Salad (SBar) Tomato Florentine soup Salad FF Chocolate Milk Fruit	
12) Macaroni & Cheese Broccoli Gluten Free Pasta Grilled Chicken (SBar) Salad Fruit	13) Chicken Cutlet Chicken Nuggets Puzzle Potato Fries Gluten Free Chicken Boiled Eggs (SBar) Sweet & Sour Sauce Salad + Fruit	14) Tuna Salad Sandwiches Tuna (SBar) + wraps Chicken Tortilla Soup Honey Turkey (SBar) Salad Fruit	15) Lasagna w/light sauce Green Beans Gluten free Pasta Egg Salad (SBar) Salad Fruit	16) Ham & Cheese Sandwiches Ham + wraps Chicken Salad (SBar) Salad Fruit FF Chocolate Milk	
19)	20)	21)	22)	23)	
Vacation	Vacation	Vacation	Vacation	Vacation	
26) Tortellini w/ light sauce Mixed Veggies Gluten Free Pasta Honey Turkey (SBar) Fruit Salad	27) Chicken Fingers Gluten Free Chicken French Fries Sweet & Sour Sauce Boiled Eggs (SBar) Salad Fruit	28) Tuna Salad Sand. Tuna w/mayo + wraps Minestrone Soup Grilled Chicken (SBar) Salad Fruit	29) Pizza Pepperoni - Cheese Mushrooms Gluten Free Pizza Turkey (SBar) Salad Fruit		

A Healthy Lunch Includes:

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|------------------------|--------------|
| 1. Meat/Meat Alternate | 4. Fruit |
| 2. Grain | 5. Vegetable |
| 3. Milk | |

Student must choose at least 3 of the 5 choices including:

- ½ cup of fruit or vegetable
- At least two other choices

For Best Nutrition Choose all Five Choices!