



FLC Lunch February 2019

28
BBQ Pork Riblet Sandwich

Chicken Patty
Ham Chef Salad / Roll
PBJ or Deli Bar
Corn, Garden Salad, Sugar Snap Peas, Grapes, Apple, Mixed Fruit

29
Chicken Nugget Bowl / Bread

Turkey Melt
Ham Chef Salad / Roll
PBJ or Deli Bar
Steamed Peas, Baby Carrots, Peaches, Banana

30
Cheesy Penne Pasta

Popcorn Chicken / Breadstick
Ham Chef Salad / Roll
PBJ or Deli Bar
Sweet Potato Tots, Cucumbers, Apple, Pears, Honeydew

31
Chicken Parmesan

Hot Dog
Ham Chef Salad / Roll
PBJ or Deli Bar
Baked Beans, Celery Sticks, Cucumber & Tomato Salad, Oranges, Applesauce, Blueberries

1
Cheese Pizza

Cheeseburger
Ham Chef Salad / Roll
PBJ or Deli Bar
Steamed Broccoli, Cucumber Slices, Fruit Salad, Mandarin Oranges, Whole Fruit

4
Pancakes w/ Sausage Patty

Chicken Patty
Fruit & Cheese Salad w/ Muffin
PBJ
Tater Tots, Fresh Broccoli, Garden Salad, Grapes, Cinnamon Apples, Fruit Punch

5
Fish Sticks w/ Macaroni & Cheese

Chicken Nuggets / Breadstick
Fruit & Cheese Salad w/ Muffin
PBJ
Green Beans, Red Pepper Strips, Coleslaw, Banana, Peaches, Cantaloupe

6
Chicken Pot Pie

Grilled Cheese Sandwich
Fruit & Cheese Salad w/ Muffin
PBJ
Steamed Cauliflower, Tomato Wedges, Apple, Pears, Strawberries

7
Mini Corn Dogs

Hamburger
Fruit & Cheese Salad w/ Muffin
PBJ
Green Beans, Celery Sticks, Potato Salad, Oranges, Applesauce, Blueberries

8
Pepperoni Pizza

Spicy Chicken Patty
Fruit & Cheese Salad w/ Muffin
PBJ
Baked Beans, Baby Carrots, Cucumber & Tomato Salad, Apricots, Fruit Salad, Whole Fruit

11
Oven Roasted Chicken Drumstick / Roll

Chicken Patty
Egg Chef Salad / Roll
PBJ
Mashed Potatoes, Fresh Broccoli, Cucumber & Tomato Salad, Mixed Fruit, Apple, Cantaloupe

12
Walking Taco

Cheeseburger
Egg Chef Salad / Roll
PBJ
Green Beans, Red Pepper Strips, Coleslaw, Peaches, Oranges

13
Chicken Alfredo / Breadstick

Chicken Nuggets / Breadstick
Egg Chef Salad / Roll
PBJ
Steamed Carrots, Cucumber Slices, Potato Salad, Banana, Pears, Cinnamon Apples

14
Turkey Haystack / Bread

Hamburger
Egg Chef Salad / Roll
PBJ
Baked Beans, Celery Sticks, Cantaloupe, Blueberries, Applesauce

15
NO SCHOOL

18
NO SCHOOL

19
Popcorn Chicken Bowl / Bread

Hamburger
Chicken Chef Salad / Roll
PBJ
Green Beans, Cauliflower, Cucumber Slices, Peaches, Oranges

20
Mini Corn Dogs

Chicken Nuggets / Breadstick
Chicken Chef Salad / Roll
PBJ
Cinnamon Sweet Potatoes, Celery Sticks, Pears, Banana, Strawberries

21
Sloppy Joe

Hot Dog
Chicken Chef Salad / Roll
PBJ
Campfire Beans, Baby Carrots, Oranges, Applesauce, Honeydew

22
Cheese Pizza

Fish Melt
Chicken Chef Salad / Roll
PBJ
Corn, Fresh Broccoli, Red Pepper Strips, Fruit Salad, Mandarin Oranges, Whole Fruit

25
Pizza Dippers

Chicken Patty
Yogurt Apple Salad / Roll
PBJ
Potato Wedges, Tomato Slices, Grapes, Mixed Fruit, Cantaloupe

26
Soft Tacos

Grilled Cheese Sandwich
Yogurt Apple Salad / Roll
PBJ
Green Beans, Red Pepper Strips, Potato Salad, Banana, Peaches, Kiwi

27
Spaghetti & Meat Sauce / Breadstick

Chicken Nuggets / Breadstick
Yogurt Apple Salad / Roll
PBJ
Cinnamon Sweet Potatoes, Cucumber Slices, Apple, Pears, Honeydew

28
Crispito

Hot Dog
Yogurt Apple Salad / Roll
PBJ
Baked Beans, Celery Sticks, Cucumber & Tomato Salad, Oranges, Applesauce, Cinnamon Apples

1
Cheese Pizza

BBQ Pork Riblet Sandwich
Yogurt Apple Salad / Roll
PBJ
Fresh Broccoli, Baby Carrots, Coleslaw, Fruit Salad, Apricots, Whole Fruit

Menu Subject To Change

Drink Milk
Skim, 1%, or Chocolate Skim milk are offered daily.