

February 2019

BONIFAY K - 8

LUNCH



**SERVED DAILY: MILK, FRUIT, AND
CONDIMENTS AS NEEDED.**



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday

Wednesday

Thursday

Friday

Chicken Nuggets
Mashed Potatoes
Steamed Broccoli

4

Hamburger
Fries
Lettuce/Tomato

5

Taco Salad
Tortilla Chips
Corn
Lettuce

6

Chicken Alfredo
Garlic Bread
Green Beans
Side Salad

7

Hot Dog
Doritos
Baked Beans
Carrot Sticks

8

Chicken Sandwich
Fries
Lettuce/Tomato

11

Mrs. B's Pasta
Garlic Bread
Green Beans
Side Salad

12

Quesadilla
Black Beans
Corn
Lettuce

13

Stuff Crust Pizza
Broccoli
Side Salad

14

Cheesy Chicken
Tortilla Chips
Black Beans
Lettuce

15

NO SCHOOL

18

Hamburger
Fries
Lettuce/Tomato

19

Beef Nacho
Tortilla Chips
Lettuce
Corn
WGR Cookie

20

Chicken Noodle
Steamed Peas
Steamed Carrots
WGR Roll

21

Corn Dog
Mac & Cheese
Carrot Sticks
Baked Beans

22

Stuff Crust Pizza
Side Salad
Broccoli Bowl

25

Sloppy Joe
Fries
Carrot Sticks

26

Burrito
Black Beans
Corn
Lettuce

27

Salisbury Steak
Mash Potatoes
Green Beans
WGR Roll

28

