

February 2018

BONIFAY K - 8

LUNCH



**SERVED DAILY: MILK AND FRUIT.
CONDIMENTA 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 Filet
Steamed Broccoli
Mashed Potatoes
WGR Roll

5

Taco Salad
Corn
Tortilla Chips
Lettuce Bowl

6

Chicken Alfredo
Green Beans
Side Salad
Garlic Bread

7

Chicken Filet
Mashed Potatoes
Green Beans
WGR Roll

1

Hot Dog
Doritos
Baked Beans
Carrot Sticks
Sidekick

2

Hamburger
Fries
Lettuce/Tomato

8

Sub sandwich
Doritos
Lettuce/Tomatoes
Carrot Sticks
Baked Beans

9

Shepherd's Pie
Broccoli Bowl
WGR Roll

12

Chicken Sandwich
Fries
Lettuce/Tomato

13

Stuff Crust
Side Salad
Broccoli Bowl

14

Hamburger
Fries
Lettuce/Tomato

15

Beef and Cheese Burrito
Lettuce
Black Beans
Corn

16

NO SCHOOL

19

Warm Ham & Cheese
Mashed Potatoes
Broccoli Bowl

20

Beef Nacho
Tortilla Chips
Lettuce
Corn
WGR Cookie

21

Sloppy Joe
Fries
Carrot Sticks

22

Cheesy Chicken
Tortilla Chips
Black Beans

23

Cheese Pizza
Broccoli
Side Salad

26

Chicken Noodle
Peas
Carrots

27

Hamburger
Fries
Lettuce/Tomato

28

