

February 2021

BONIFAY K - 8

LUNCH



SERVED DAILY: MILK, CONDIMENTS AS NEEDED.



Fitness Tip: Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

Monday

Chicken Nuggets
Mash Potatoes
Green Beans
Fruit

1

Tuesday

Hamburger
Fries
Lettuce
Fruit

2

Wednesday

Cheesy Hamburger Dip
Corn
Black Beans
Tortilla Chips
Fruit

3

Thursday

Chicken Noodles
Peas & Carrots
Roll
Fruit

4

Friday

Corn Dog
Mac & Cheese
Broccoli Bowl
Fruit

5

Chili
Grilled Cheese
Carrot Sticks w/ Ranch
Fruit

8

Chicken Sandwich
Fries
Lettuce
Fruit

9

Pizza
Side Salad
Broccoli
Fruit

10

Burrito
Corn
Lettuce Bowl
Fruit

11

Chicken & Waffle
Baked Beans
Side Kick
Fruit

12

NO SCHOOL

15

Hamburger
Fries
Lettuce
Fruit

16

Taco Salad
Tortilla Chips
Corn
Lettuce
Fruit

17

Cherry Blossom Chicken
Fried Rice
Green Beans
Fruit

18

Hot Dogs
Chips
Baked Beans
Carrot Sticks
Fruit

19

Pizza
Side Salad
Broccoli
Fruit

22

Chicken Sandwich
Fries
Lettuce
Fruit

23

Quesadilla
Side Salad
Corn
Fruit

24

Ham & Cheese Hot Pocke
Green Beans
Side Salad
Fruit

25

Cheesy Chicken
Tortilla Chips
Black Beans
Corn
Fruit

26

