



February 2019

K8 Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
(5)	Job Opportunity Looking for flexibility? Part-Time or Full-Time hours? No nights or weekends? Nutrition Services employees needed. To apply, please call 523-1116.		Fuel – MS ONLY Fuel Item Feb 4-8: Breakfast Burrito Fuel Item Feb 11-15: Watchos		Game Day	1 Pepperoni or Cheese Pizza* Wing Bar (MS only) PB&J Sandwich Dinner Roll Steamed Spinach Tomato & Cucumber Salad Assorted Fruits	More Info... Offered Daily to MS students: *Featured Entrée *Featured Salad *Esta Fiesta Bar Beans & Rice *Featured Deli Selections: Variety of Deli Sandwiches PB&J Sandwiches Pretzel, Yogurt & Cheese Packs *Featured Pizza Selections Cheese Pizza Pepperoni Pizza* Make Your Own Bagel Pizza Manager's Special *Featured Grill Selections: Cheeseburger, Grilled Chicken Sandwich Breaded Chicken Sandwich *Breadstick or Pretzels
(1)	4 Nacho Chz Walking Taco PB&J Sandwich Cheeseburger Breadstick Green Beans Glazed Orange Carrots Assorted Fruits	5 Oven Rst Chix Drumstick PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Baby Carrots Assorted Fruits	6 Broccoli & Chz Baked Potato Ham Chef Salad* PB&J Sandwich Dinner Roll Red Pepper Strips Campfire Chipotle Pinto Beans Assorted Fruits	7 Country Popcorn Chix Bowl PB&J Sandwich Dinner roll Mashed Potatoes Corn Assorted Fruits		8 Pepperoni or Cheese Pizza* PB&J Sandwich Dinner roll Steamed Broccoli Green Beans Assorted Fruits	
(2)	11 Fish Sticks PB&J Sandwich Dinner Roll French Fries Steamed Carrots Assorted Fruits	12 Beef Ravioli Chicken Caesar Salad PB&J Sandwich Dinner Roll Maple Mashed Swt Potatoes Garden Salad Assorted Fruits	13 Salisbury Steak Popcorn Chicken Salad PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Fresh Cucumber Slices Assorted Fruits	14 Valentine's Day! Chili & Cinnamon Rolls Turkey Chef Salad PB&J Sandwich Dinner Roll Campfire Chipotle Beans Red Pepper Strips Assorted Fruits		15 Pepperoni or Cheese Pizza* Chicken & Chz Salad PB&J Sandwich Dinner Roll Steamed Broccoli Baby Carrots Assorted Fruits	
(3)	18 President's Day	19 Chicken & Maple Syrup Waffle Breaded Buffalo Chix Salad PB&J Sandwich Dinner Roll Green Beans Red Pepper Strips Assorted Fruits	20 Orange PopChix w. Broccoli Turkey & Chz Salad PB&J Sandwich Plain Rice Dinner Roll Swt Potato Bites Fresh Zucchini Assorted Fruits	21 Beef Soft Tacos Egg Chef Salad PB&J Sandwich Dinner Roll Black Charro Beans Fresh Tomato Wedges Assorted Fruits		22 Pizza Pie Day Pepperoni or Cheese Pizza* Ham & Pineapple Pizza (MS only)* Chicken Caesar Salad PB&J Sandwich Dinner Roll Steamed Broccoli Baby Carrots Assorted Fruits	
(4)	25 Country Popcorn Chix Bowl Egg Chef Salad PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Corn Assorted Fruits	26 National Strawberry Day Pizza Chix Meatball Sub Chix Caesar Salad PB&J Sandwich Dinner Roll Glazed Orange Carrots Green Peas Assorted Fruits	27 Breaded Chix Drumstick Cham Chef Salad PB&J Sandwich Dinner Roll Pinto Kickin Beans Fresh Tomato Wedges Assorted Fruits	28 Teriyaki PopChix w. Broccoli Popcorn Chix Salad PB&J Sandwich Plain Rice Dinner Roll Green Beans Baby Carrots Assorted Fruits			

Nutrition Services Vision: "To provide meals and service that enrich and nourish lives."

Special News...

Free and Reduced Meal Applications can be filled out online at <https://frapps.horizonsolana.com/SPRR01> or you can pick up a paper version at your school office.

"This institution is an equal opportunity provider."

What is a Reimbursable Lunch?

Must choose 3 components with one being ½ cup fruit or vegetable.

1. Whole Grain
2. Fruit
3. Vegetable
4. Meat/Meat Alternate
5. Milk-1%, Skim

