



February

2018

Monday

INSIDE

GALAXY PIZZA
C 300 F 12 SF 4 CHO 33

KIOSK

MINI CHEESE BURGERS
C 287 F 8.1 SF 3 CHO 34.3

Tuesday

INSIDE

FRENCH BREAD PIZZA
C 310 F 12 SF 4.5 CHO 34

KIOSK

ORIENTAL CHICKEN
**

Wednesday

INSIDE

STUDENT'S CHOICE
*SEE CHART →

KIOSK

CHICKEN TENDERS
C 250 F 10 SF 1.5 CHO 15

*2/14/18

CORN DOG
C 238 F 9.2 SF 2.5 CHO 27.8

Thursday

INSIDE

COOK'S CHOICE
*SEE CHART →

KIOSK

CALZONE
C 410 F 16 SF 7 CHO 47

Friday

INSIDE

SPICY CHICKEN SANDWICH
C 350 F 13 SF 2.5 CHO 42

KIOSK

GREEN CHILI & CHEESE FLAQUITOS
C 338 F 10.5 SF 5.5 CHO 31

2/16/18: Lincoln Day Observed
2/19/18: President's Day Observed



Make payments conveniently online at:
www.k12paymentcenter.com

You may apply for
free or reduced priced meals at:
www.lunchapplication.com



OFFERED DAILY INSIDE:
YOGURT/GRANOLA
C 290 F 4 SF 1.7 CHO 57
PB & J
C 320 F 16 SF 3 CHO 33

***Student's Choice:**

- 2/7/18 QUESO BLANCO NACHOS
C 258 F 17 SF 6.3 CHO 18
- 2/14/18 **Valentine Chicken Nuggets**
C 250 F 14 SF 3.5 CHO 15
Tater Tots & Valentine Cookie
C 140 F 8 SF 1 CHO 16
C 120 F 6 SF 1.5 CHO 16
- 2/21/18 PORK CHOP & MASHED POTATOES
C 200 F 8.7 SF 2.6 CHO 16.6
C 80 F .5 SF 0 CHO 16
- 2/28/18 BBQ Chicken Flatbread
C 320 F 10 SF 5 CHO 35

***Cook's Choice:**

- 2/1/18 BEEF TOSTADA BOAT
C 302 F 18.05 SF 5.2 CHO 14.3
- 2/8/18 BAKED CHICKEN & MASHED POTATOES
C 160 F 9 SF 3 CHO 0
C 80 F .5 SF 0 CHO 16
- 2/15/18 MEATBALL SANDWICH
C 345 F 12.25 SF 3.47 CHO 43.51
- 2/22/18 CHICKEN TACOS
C 212 F 4.48 SF .8 CHO 18



Choice Of: 1% White Milk, Nonfat
Chocolate Milk & Strawberry Milk
Offered with every meal.

****Orange Chicken** C 268 F 3.88 SF .68 CHO 43.39
****Spicy Sichuan Chicken** C 198 F 2.88 SF .68 CHO 28.39

ALL LUNCHES INCLUDE SALAD BAR
C=Calories, F=Fat, SF=Saturated Fat, CHO=Carbohydrates

"This institution is an equal opportunity provider."

"Esta institución es un proveedor que ofrece igualdad de oportunidades."

