

Sylacauga City Schools

006 - Nichols Lawson Middle

Jan 17, 2019

February Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Fri - 2/1/2019 Beef & Macaroni Roll Green Beans Assorted Fruit Romaine Salad Baby Carrots Celery Sticks Cucumbers Pepper Strips Fresh Broccoli Ranch Dressing Milk Variety Brownie Pudding
Mon - 2/4/2019 Cheese Stix Marinara Dipping Sauce Blackeye Peas Assorted Fruit Romaine Salad Celery Sticks Baby Carrots Tomatoes Pepperoncini Green Peppers Diced Eggs Ranch Dressing Milk Variety	Tue - 2/5/2019 Hot Dog Chili Sauce Potato Wedges Assorted Fruit Romaine Salad Tomatoes Baby Carrots Cucumbers Diced Eggs Ranch Dressing Milk Variety Cheese Sauce	Wed - 2/6/2019 Walking Taco Pinto Beans Assorted Fruit Romaine Salad Shredded Cheese Tomatoes Cucumbers Jalapeno Peppers Celery Sticks Fresh Broccoli Pepper Strips Diced Eggs Ranch Dressing Milk Variety Salsa Sauce, Taco PC	Thu - 2/7/2019 French Bread Pizza Assorted Fruit Seasoned Corn Romaine Salad Baby Carrots Tomatoes Cucumbers Green Peppers Pepper Strips Diced Eggs Milk Variety Sugar Cookie Ranch Dressing	Fri - 2/8/2019 Chicken Bites Mashed Potatoes Romaine Salad Tomatoes Baby Carrots Fresh Broccoli Gravy English Peas Assorted Fruit Ranch Dressing Milk Variety Roll Honey Mustard
Mon - 2/11/2019 Crispitos Pinto Beans Cheese Sauce Assorted Fruit Romaine Salad Tomatoes Baby Carrots Cucumbers Fresh Broccoli Diced Eggs Ranch Dressing Salsa Milk Variety	Tue - 2/12/2019 Chicken Tenders French Fries Romaine Salad Tomatoes Fresh Broccoli Baby Carrots Diced Eggs Assorted Fruit Milk Variety Honey Mustard Ranch Dressing Animal Crackers	Wed - 2/13/2019 Hot Pocket Assorted Fruit Glazed Carrots Romaine Salad Baby Carrots Tomatoes Fresh Broccoli Cucumbers Green Peppers Pepper Strips Milk Variety Chocolate Pudding Cup Ranch Dressing	Thu - 2/14/2019 Spaghetti Green Beans Assorted Fruit Romaine Salad Tomatoes Fresh Broccoli Cucumbers Baby Carrots Green Peppers Ranch Dressing Milk Variety Strawberry Shortcake Shredded Cheese	Fri - 2/15/2019

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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February Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 2/18/2019	Tue - 2/19/2019 Hamburger Roasted Potatoes Assorted Fruit Romaine Salad Baby Carrots Tomatoes Celery Sticks Cucumbers Dill Pickles Diced Eggs Ranch Dressing Milk Variety	Wed - 2/20/2019 Tatertot Casserole English Peas Assorted Fruit Romaine Salad Tomatoes Baby Carrots Celery Sticks Black Olives Cucumbers Pepper Strips Green Peppers Diced Eggs Ranch Dressing Milk Variety Roll	Thu - 2/21/2019 Corn Dog Cole Slaw Baked Beans Assorted Fruit Romaine Salad Tomatoes Celery Sticks Baby Carrots Fresh Broccoli Diced Eggs Ranch Dressing Milk Variety	Fri - 2/22/2019 Spicy Asian Chicken Brown Rice Egg Roll Romaine Salad Tomatoes Cucumbers Black Olives Baby Carrots Celery Sticks Green Peppers Assorted Fruit Milk Variety Ranch Dressing Shredded Cheese
Mon - 2/25/2019 Sausage Patty Scrambled Eggs Grits Biscuit Romaine Salad Tomatoes Cucumbers Black Olives Celery Sticks Baby Carrots Ranch Dressing Assorted Fruit Milk Variety Jelly	Tue - 2/26/2019 Spicy Chicken Chicken Sandwich Potato, Rounds Baked Beans Romaine Salad Tomatoes Fresh Broccoli Celery Sticks Baby Carrots Dill Pickles Assorted Fruit Milk Variety Ranch Dressing	Wed - 2/27/2019 Chili Baked Potato Assorted Fruit Romaine Salad Tomatoes Fresh Broccoli Jalapeno Peppers Baby Carrots Shredded Cheese Ranch Dressing Diced Eggs Celery Sticks Milk Variety CHEESE TOAST	Thu - 2/28/2019 Mexican Fiestada Pizza Broccoli w/ Cheese Assorted Fruit Romaine Salad Tomatoes Baby Carrots Black Olives Celery Sticks Pepperoncini Ranch Dressing Milk Variety	

Breakfast Prices: Reduced \$.30; Paid \$1.50; Staff \$2.00; Visitors \$2.50.

Lunch Prices: Reduced \$.40; Paid \$2.45; Staff \$3.15; Visitors \$4.50.

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