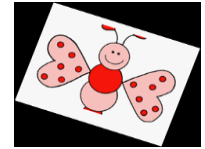




# Jamestown Area School District

## Elementary Lunch Menu

### February 2020



**FREE to all students!**

**A FREE school lunch includes: Entrée, Fruit, Vegetable, Grain and Milk (with every meal)**

**Entrée Options Available Daily** (in addition to the main menu listed below):

Ham & Cheese Sandwich, Bologna Sandwich, PBJ, Yogurt/Crackers or Chef (Grade 4-6)

**Fruit Variety:** Apples, Oranges, Bananas, Fruit Cocktail, Applesauce, Peaches, Pears, Pineapple, Berries, Melon

**Vegetables Variety:** Carrots, Cucumbers, Tomatoes, Pepper Slices, Salad

**Choice of Milk:** Skim, 1% White, Fat-Free Flavored

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
| 3-Feb<br>General Tso Chicken<br>Rice Pilaf<br>Asian Vegetables<br>Pineapple<br>Sweet & Sr Sauce | 4-Feb<br>Walking Taco<br>Lettuce/Tomato<br>Pears<br>Salsa & Sour Cream   | 5-Feb<br>Chicken Nuggets<br>Mashed Potato/Gravy<br>Green Beans<br>Peaches<br>Dinner Roll             | 6-Feb<br>Italian Combo Plate<br>Marinara Dipping Sauce<br>Tossed Salad<br>Fresh Fruit Variety       | 7-Feb<br>Turkey Club Wrap<br>Leaf Lettuce/Tomato<br>Tater Tots<br>Four Bean Salad<br>Apple Crisp |
| 10-Feb<br>Mini Corn Dogs<br>Oven Baked Fries<br>Baked Beans<br>Pudding Cup<br>Mixed Fruit       | 11-Feb<br>Tachos (Tater Taco)<br>Lettuce/Tomatoes<br>Rice Pilaf<br>Salsa & Sour Cream<br>Mixed Fruit                             | 12-Feb<br>Max Cheese Sticks<br>Tossed Salad<br>Black Bean & Corn Salad<br>Applesauce                 | 13-Feb<br>Turkey & Gravy<br>Warm Toasted Biscuits<br>Mashed Potatoes<br>Corn<br>Peaches             | <p><b>No School</b></p>  |
| <p><b>No School</b></p>   | 18-Feb<br>Breaded Chicken Patty<br>(Spicy or Regular)<br>Lettuce/Tomato/Pickle<br>Oven Baked French<br>Diced Peaches             | 19-Feb<br>Nacho Supreme<br>(Meat and Cheese)<br>Refried Beans<br>Salsa & Sour Cream<br>Mixed Fruit   | 20-Feb<br>Chicken Ranch Wrap<br>Shredded Cheese, Lettuce<br>Edamame & Cranberry Salad<br>Applesauce | 21-Feb<br>Mexican Pizza<br>Tossed Salad<br>Pears   |
| 24-Feb<br>Meatball Hoagie<br>Oven Baked Fries<br>Tossed Salad<br>Mixed Fruit                    | 25-Feb<br>Rodeo Burger<br>(Cheeseburger w/ BBQ<br>& onion ring)<br>Lettuce/Tomato/Pickle<br>Seasoned Potato Wedges<br>Applesauce | 26-Feb<br>Stuffed Crust Pizza<br>Four Bean Salad<br>Fresh Veggie Sticks<br>with Ranch Dip<br>Peaches | 27-Feb<br>Chicken Fajita<br>Tortilla Wrap<br>Refried Beans<br>Tossed Salad<br>Pears                 | 28-Feb<br>Funnel Cake<br>Cheese Omelet<br>Fresh Veggie Sticks<br>Berry Cup                       |

This menu qualifies under the National School Nutrition Program guidelines for food based menu planning. Meeting criteria for Whole Grain-rich (WG), daily fruit and vegetables, calorie parameters, limiting sodium/trans fat/saturated fat & milk choice.

*This institution is an equal opportunity provider.*