

# February 2018

## Lisbon Grade School

### LUNCH

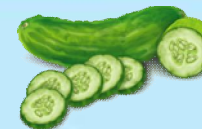


**Choice of Low Fat White, Fat Free White or Fat Free Chocolate Milk served daily.**

**Fruit Juice & Desserts served on occasion.**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Chicken Nuggets  
Green Beans  
Fruit  
Rice Krispy Treat

5

Salisbury Steak  
Mashed Potatoes & Gravy  
Carrots  
Fruit, Granola Bar

6

Beef Chili  
Sour Cream, Cheese  
Tator Tots, Fruit  
Corn Bread, Jell-O Cup

7

Beef Tacos  
Nacho Chips  
Sour Cream, Salsa, Cheese  
Corn, Fruit

1

Pork Riblet on a Bun  
Lettuce Salad & Dressing  
Fruit, Cheese Stick  
Fruit Snacks

2

French Toast Sticks  
Sausage Patty  
Raw Carrots & Ranch  
Fruit, Gogurt

12

BBQ on a Bun  
Baked Beans  
Fruit  
Rice Krispy Treat

13

Pretzels  
Cheese Sauce  
Green Beans  
Fruit, Fruit Snacks

14

Corn Dogs  
Corn  
Fruit  
Cheese Stick

15

No  
School

16

No  
School

19

Chicken Patty  
Mashed Potatoes & Gravy  
Fruit  
Pudding Cup

20

Mini Corn Dogs  
Nacho Chips & Cheese  
Peas  
Fruit, Fruit Snacks

21

Chicken Tenders  
Carrots  
Fruit  
Cupcake

22

Cheese-filled  
Breadsticks w/ Marinara  
Green Beans  
Fruit, Jell-O Cup

23

Soft Shell Beef Taco  
Salsa, Sour Cream  
Carrots  
Fruit, Rice Krispy Treat

26

Meatball Sandwich  
Marinara Sauce  
Green Beans  
Fruit, Cheese Stick

27

Hot Dog on a Bun  
Seasoned French Fries  
Fruit  
Granola Bar

28

