




Dinner

CICS: West Belden

February
2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
					<p>Special News...</p> <p>JOIN US FOR DINNER!</p> <p>Dinner available every day for ALL students at #NO charge</p> <p>JOIN US FOR LUNCH!</p> <p>Daily Options:</p> <ol style="list-style-type: none"> Hot Entrée Cold Sandwich Salad Entree <p><small>Menus are subject to change without notice.</small></p>
<p>3</p> <p>Turkey & Cheddar Cheese Sandwich</p> <p>Fresh Celery Sticks Applesauce</p>	<p>4</p> <p>V-Fruit, Yogurt & Cheese Plate w/ Graham Crackers</p> <p>Fresh Baby Carrots Apple Slices</p>	<p>5</p> <p>Beef Taco Salad</p> <p>Fresh Cucumber Slices Banana</p>	<p>6</p> <p>Popcorn Chicken Salad w/ Roll</p> <p>Fresh Baby Carrots Pears</p>	<p>7</p> <p>Sun Butter and Jelly Sandwich</p> <p>Side Salad Fresh Apple</p>	
<p>10</p> <p>V-Fruit, Yogurt & Cheese Plate w/ Cinnamon Graham Crackers</p> <p>Fresh Cucumber Slices Applesauce</p>	<p>11</p> <p>Turkey & Cheese Sandwich</p> <p>Fresh Baby Carrots Fresh Apple Slices</p>	<p>12</p> <p>Chicken Ham & Cheese Sub</p> <p>Celery Sticks Fresh Apple</p>	<p>13</p> <p>Chicken Caesar Salad w/ Breadstick</p> <p>Fresh Baby Carrots Pears</p>	<p>14</p> <p>Sun Butter and Jelly Sandwich</p> <p>Side Salad Fresh Banana</p>	
<p>17</p> <p>No School</p>	<p>18</p> <p>Ham & Swiss Sub</p> <p>Baby Carrots Fresh Apple Slices</p>	<p>19</p> <p>V-Sun Butter & Jelly Sandwich</p> <p>Grape Tomatoes Fresh Banana</p>	<p>20</p> <p>Popcorn Chicken Salad w/ Roll</p> <p>Fresh Cucumber Slices Pears</p>	<p>21</p> <p>Chicken Ham & PepperJack Cheese Sandwich</p> <p>Side salad Fresh Apple</p>	
<p>24</p> <p>Turkey & American Cheese Sandwich</p> <p>Fresh Grape Tomatoes Applesauce</p>	<p>25</p> <p>V-Fruit, Yogurt & Cheese Plate w/ Cinnamon Graham Crackers</p> <p>Side Salad Fresh Apple Slices</p>	<p>26</p> <p>Sun Butter and Jelly Sandwich</p> <p>Cucumber Slices Fresh Banana</p>	<p>27</p> <p>Chicken Ham & American Cheese Sub</p> <p>Fresh Baby Carrots Pears</p>	<p>28</p> <p>Popcorn Chicken Salad w/ Roll</p> <p>Celery Sticks Fresh Apple</p>	

All menu items do NOT contain pork, all Bread items served are WHOLE GRAIN.



What makes a Breakfast Meal?

Hot or Cold Entree + Fruit
Milk (optional)

View nutrition and allergy info at: cics.schooldish.com



Healthy for Life™ Meals

This institution is an equal opportunity provider.