





# Lunch

CICS: West Belden

February  
2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 <b>SUPER BOWL CELEBRATION!</b>					<p><b>Special News...</b></p> <p><b>PARENTS!</b> Encourage your student to grab a breakfast and lunch every day, <b>at no charge.</b></p> <p>A nutritious meal helps with attentiveness in class and improved test scores!</p> <p><b>Daily Options:</b></p> <ol style="list-style-type: none"> <li>Hot Entrée</li> <li>Cold Sandwich</li> <li>Salad Entrée</li> </ol> <p><small>Menus are subject to change without notice.</small></p>
<b>3</b> 1. Spicy Popcorn Chicken 2. Chicken Ham & Cheese Sub 3. V-Fruit, Yogurt & Cheese Plate w/ Graham Crackers Applesauce & Orange Potato Wedges	<b>4</b> 1. Chicken Quesadilla 2. V-Sun Butter & Jelly Sandwich 3. Popcorn Chicken Salad w/ Roll Orange Wedges & Apple Slices Refried Beans	<b>5</b> 1. Oven Baked Chicken Bites w/Soft Pretzel 2. Chicken Caesar Wrap 3. V-Egg Chef Salad w/ Pretzel Rod Fresh Grapes & Fresh Banana Tater Bites	<b>6</b> 1. Korean Beef Meatballs w/ Rice 2. V-Sun Butter & Jelly Sandwich 3. Turkey Chef Salad w/ Roll Pears & Fresh Apple Slices Orange Glazed Carrots	<b>7</b> 1. Cheese Pizza 2. Turkey & Cheddar Cheese Sandwich 3. V-Tossed Cheese Salad w/Pretzel Rod Whole Apple & Ripe Banana Steamed Green Beans	
<b>10</b> 1. Chicken Patty Sandwich 2. Turkey & Cheese Sandwich 3. V- Cheese Salad w/Roll Applesauce & Fresh Orange Tater Bites	<b>11</b> 1. Turkey Cheeseburger 2. Chicken Ham & Cheese Sub 3. V-Egg Chef Salad w/prezel rod Orange Wedges & Fresh Apple Slices Veg. Baked Beans	<b>12</b> 1. Pancakes w/ Sausage 2. V-Egg Salad Sandwich 3. Chicken Caesar Salad w/ Breadstick Fresh Grapes & Fresh Banana Sweet Tater Bites	<b>13</b> 1. Chicken Mashed Potato Bowl 2. V-Sun Butter & Jelly Sandwich 3. Popcorn Chicken Salad w/ Roll Pears & Fresh Apple Slices Corn	<b>14</b> 1. V-Cheese Stuffed Breadsticks w/ Marinara Sauce 2. Turkey & Swiss Cheese Sub 3. V-Fruit, yogurt & Cheese Plate w/ Graham Crackers Apple & Banana Broccoli	
<b>No School</b>	<b>18</b> 1. Orange Popcorn Chicken over Rice 2. V-Sun Butter & Jelly Sandwich 3. Chicken Caesar Salad w/ Breadstick Fresh Orange Wedges & Apple Slices Steamed Broccoli	<b>19</b> 1. Turkey Dog on a Whole Grain Bun 2. Turkey & Provolone Sandwich 3. Popcorn Chicken Salad w/ Roll Fresh Grapes & Fresh Banana Tater Bites	<b>20</b> <b>PIZZA PIZZA DAY!</b> 1. V-Homemade Cheese Pizza 2. Chicken Ham & PepperJack Cheese Sandwich 3. Beef Taco Salad Pears & Apple Slices Steamed Green Beans	<b>21</b> 1. V-Cheese Quesadilla 2. Buffalo Chicken Wrap 3. V-Tossed Cheese Salad w/ Pretzel Rod Whole Apple & Ripe Banana Refried Beans	
<b>24</b> <b>STIR FRY DAY!</b> 1. Teriyaki Chicken w/ Rice 2. Chicken Ranch Wrap 3. V-Caesar Salad w/ Breadstick Applesauce or Fresh Orange Steamed Green Beans	<b>25</b> 1. Beef Tacos 2. V-Sun Butter & Jelly Sandwich 3. Turkey & Cheese Salad w/Pretzel Rod Fresh Orange Wedges & Fresh Apple Slices Kickin' Pinto Beans	<b>26</b> 1. V-Cheese Stuffed Breadsticks w/ Marinara Sauce 2. Cham & American Cheese Sub 3. Beef Taco Salad Fresh Grapes & Fresh Banana Steamed Carrots	<b>27</b> 1. Homemade Macaroni & Cheese w/2 Chicken Tenders 2. V-Sunbutter & Jelly 3. Popcorn Chicken Salad w/ Roll Pears & Fresh Apple Slices 5 Way Mixed Vegetables	<b>28</b> 1. V-Grilled Cheese & Tomato Soup 2. Turkey & American cheese Sandwich 3. V-Fruit, yogurt & Cheese Plate w/ Graham Crackers Apple & Ripe Banana Steamed Corn	

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



## What makes a meal?

Entrée (option 1, 2 or 3) + Fruit + Veggie  
Milk (optional)

View nutrition and allergy info at: [cics.schooldish.com](http://cics.schooldish.com)



Healthy for Life™ Meals

This institution is an equal opportunity provider.