



## SEAS - February 2018

Please note that Lent begins 2/14 on Ash Wednesday and continues every Friday starting 2/16/2018 and ending 3/30/2018

|      | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|------|--|---|--|--|--|
|      |  |   |  | 2/1/2018   | 2/2/2018   |
| TRAY |  |   |  | Cheese Nacho's<br>Seasoned Pinto Beans<br>Garden Salad w/ Ranch<br>Cup Cake          | Baked Chicken Strips<br>Scalloped Potatoes<br>Steamed Sweet Peas<br>Buttered Roll<br><b>No A La Carte, Salad or Deli<br/>Options Today</b> |
|      | <b>On Ash Wednesday we will offer the same A La Carte Menu as Friday</b>       |   |  |  |  |
|      | 2/5/2018   | 2/6/2018  | 2/7/2018   | 2/8/2018   | 2/9/2018   |
| TRAY | 1/2 Club Wrap w/ Ranch<br>Pasta Salad<br>Baby Carrots w/ Ranch<br>Cookie       | Salisbury Steak w/ Gravy<br>Mashed Potatoes<br>Roasted Vegetable Blend<br>Orange Smiles | BBQ Chicken Legs<br>Macaroni & Cheese<br>Fresh Fruit Cup<br>Chef's Pudding Cup           | Grilled Cheeseburger w/ Pickles<br>Baked Potato Gems<br>Green Salad<br>Diced Peaches | Hot Ham & Cheese Sandwich<br>Tomato Soup<br>Gold Fish Crackers<br>Seasonal Fruit   |
|      | 2/12/2018  | 2/13/2018   | 2/14/2018  | 2/15/2018  | 2/16/2018  |
| TRAY | Spaghetti & Meatballs<br>Seasoned Corn<br>House Salad w/ Ranch<br>Garlic Bread | Waffles Sticks w/ Syrup<br>Breakfast Sausage<br>Yogurt Cup<br>Diced Fruit               | <b>Baked Potato Bar<br/>House Salad w/ Ranch<br/>String Cheese Stick<br/>Pudding Cup</b> | Cheese Quesadilla<br>Tortilla Chips & Queso<br>Mexican Beans<br>Fresh Fruit          | <b>Cheese Pizza Day<br/>Green Salad w/ Cheese<br/>Fresh Fruit<br/>Cookie</b>   |
|      | 2/19/2018  | 2/20/2018   | 2/21/2018  | 2/22/2018  | 2/23/2018  |
| TRAY | No School  | Chicken Nuggets<br>Creamy Mashed Potatoes<br>Green Beans<br>Fruit Choice                | Beef Tips w/ Gravy<br>Rice Pilaf<br>Chef's Vegetables<br>Diced Fruit                     | Swedish Meatballs<br>Seasoned Egg Noodles<br>Steamed Broccoli<br>Fresh Fruit         | <b>Alfredo Pasta<br/>Broccoli w/ Cheese<br/>Fresh Fruit<br/>Cookie</b>   |
|      | 2/26/2018  | 2/27/2018   | 2/28/2018  |  |  |
| TRAY | Cheese Nacho's<br>Steamed Pinto beans<br>Green Salad w/ Ranch<br>Cupcake       | BBQ Brisket Sandwich<br>Potato Wedges<br>Coleslaw<br>Chef's Dessert                     | Mango Chicken<br>Oriental Rice<br>Egg Roll w/ Sauce<br>Diced Fruit                       |  | <b>No Meat on following Days<br/>2/14/18 2/16/18 2/23/18<br/>Including Tray , Salads,<br/>Sandwiches</b>                                   |

### A La Carte & Salad Options (same weekly)

|            | Monday   | Tuesday   | Wednesday   | Thursday                                      | Friday   |
|------------|--|---|---|---|--|
| DELI BOX   | Turkey Deli w/ Fresh Veggies,<br>Snack and Drink | Ham Deli w/ Fresh Fruit, Snack<br>and Drink     | Turkey Deli w/ Fresh Fruit, Snack<br>and Drink                    | Ham Deli w/ Fresh Veggies, Snack<br>and Drink | <b>Dbi Cheese Deli w/ Fresh<br/>Fruit, Snack and Drink</b> |
| A LA CARTE | Turkey Club Wrap<br>on Whole Wheat Tortilla      | Buffalo Chicken Wrap<br>on Whole Wheat Tortilla | Crispy Chicken Wrap<br>w/ Light Ranch<br>on Tomato Basil Tortilla | Chicken Pesto Flatbread<br>Sandwich           | Baked Potato Bar<br>with Butter, Sour Cream & Cheese       |
| SALAD      | Chicken Caesar Salad                             | Chef Salad                                      | Asian Salad   | Mediterranean Salad                           | <b>Tuna Salad</b>  |