

Island Public School February 2018 Nutrition Program Menu

Monday, Jan. 29		Tuesday, Jan. 30		Wednesday, Jan. 31		Thursday, Feb. 1		Friday, Feb. 2	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
<ul style="list-style-type: none"> Cheese Burger w/ Whole Grain Bun w/ Oven Fries Garden Salad 	<ul style="list-style-type: none"> Fresh Baby Carrots Fruit Yogurt Graham Cracker 	<ul style="list-style-type: none"> Grilled Chicken & Veggie Whole Grain Wrap Caesar Kale Salad 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Bread Sticks 	<ul style="list-style-type: none"> W.W. Pasta w/ Zesty Tomato Sauce Meat Balls Garden Salad 	<ul style="list-style-type: none"> Apple Slices Fruit Yogurt Mini Bagel w/ jam 	<ul style="list-style-type: none"> Cheese Pizza Pasta Salad Caesar Kale Salad 	<ul style="list-style-type: none"> Kiwi Slice Cheese Slices Whole Wheat Fruit Muffin 	<ul style="list-style-type: none"> Oven Baked Chicken Breast Steamed Rice & Veggies 	<ul style="list-style-type: none"> Apple Sauce Yogurt Tube Melba Toast
Veggie Option • Veggie Burger		Veggie Option • W/W Veggie Wrap		Veggie Option • W.W. Pasta w/ Tomato Sauce		Veggie Option • N/A		Veggie Option • Veggie Stew	
Monday 5		Tuesday 6		Wednesday 7		Thursday 8		Friday 9	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
<ul style="list-style-type: none"> Chili Cheese Bake Tomato Veggie Soup 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Bread Sticks 	<ul style="list-style-type: none"> Chili Cheese Whole Grain Wrap Garden Salad 	<ul style="list-style-type: none"> Fresh Baby Carrots Hummus Dip Bread Sticks 	<ul style="list-style-type: none"> Stir Fry Teriyaki Chicken & Vegetables with Cantonese Noodles Garden Salad 	<ul style="list-style-type: none"> Banana Wedge Fruit Yogurt Graham Cracker 	<ul style="list-style-type: none"> Cod Nuggets on a Whole Grain Pita Cilantro Coleslaw 	<ul style="list-style-type: none"> Apple Slices Cheese Slices Oatmeal Bar 	<ul style="list-style-type: none"> Chicken Parmesan Oven Roasted Potato Wedges Caesar Kale Salad 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Bread Stick
Veggie Option • N/A		Veggie Option • Veggie chili		Veggie Option • Stir Fry VegTeriyaki		Veggie Option • Falafels-WW Pita		Veggie Option • N/A	
Monday 12		Tuesday 13		Wednesday 14		Thursday 15		Friday 16	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	P.A. Day No School	
<ul style="list-style-type: none"> Falafel Stuffed Whole Grain WW Pita Garden Salad 	<ul style="list-style-type: none"> Fresh Baby Carrots Cheese Slices Graham Cracker 	<ul style="list-style-type: none"> Lightly Spiced Chicken Thighs Oven Roasted Potato Garden Salad 	<ul style="list-style-type: none"> Banana Wedges Yogurt Tube Bread Sticks 	<ul style="list-style-type: none"> Loaded Beef Taco Caesar Kale Salad 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Mini Bagel w/ jam 	<ul style="list-style-type: none"> Tomato Pasta & Cheese Bake Garden Salad 	<ul style="list-style-type: none"> Melon Wedge Fruit Yogurt Graham Cracker 		
Veggie Option • N/A		Veggie Option • Veggie Stew		Veggie Option • Veggie Bean Taco		Veggie Option • N/A			
Monday 19		Tuesday 20		Wednesday 21		Thursday 22		Friday 23	
Family Day Holiday No School		Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
		<ul style="list-style-type: none"> Cheese Burger w/ Whole Grain Bun w/ Oven Fries Caesar Kale Salad 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Bread Sticks 	<ul style="list-style-type: none"> Grilled Chicken & Veggie Whole Grain Wrap Garden Salad 	<ul style="list-style-type: none"> Apple Slices Fruit Yogurt Mini Bagel w/ jam 	<ul style="list-style-type: none"> Cheese Pizza Pasta Salad Caesar Kale Salad 	<ul style="list-style-type: none"> Kiwi Slice Cheese Slices Whole Wheat Fruit Muffin 	<ul style="list-style-type: none"> Oven Baked Chicken Breast Steamed Rice & Veggies 	<ul style="list-style-type: none"> Apple Sauce Yogurt Tube Melba Toast
		Veggie Option • Veggie Burger		Veggie Option • W/W Veggie Wrap		Veggie Option • N/A		Veggie Option • Veggie Stew	
Monday 26		Tuesday 27		Wednesday 28		Thursday, March 1		Friday, March 2	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
<ul style="list-style-type: none"> Chili Cheese Bake Tomato Veggie Soup 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Bread Sticks 	<ul style="list-style-type: none"> Chili Cheese Whole Grain Wrap Garden Salad 	<ul style="list-style-type: none"> Fresh Baby Carrots Hummus Dip Bread Sticks 	<ul style="list-style-type: none"> Stir Fry Teriyaki Chicken & Vegetables with Cantonese Noodles Garden Salad 	<ul style="list-style-type: none"> Banana Wedge Fruit Yogurt Graham Cracker 	<ul style="list-style-type: none"> Cod Nuggets on a Whole Grain Pita Cilantro Coleslaw 	<ul style="list-style-type: none"> Apple Slices Cheese Slices Oatmeal Bar 	<ul style="list-style-type: none"> Chicken Parmesan Oven Roasted Potato Wedges Caesar Kale Salad 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Bread Stick
Veggie Option • N/A		Veggie Option • Veggie chili		Veggie Option • Stir Fry VegTeriyaki		Veggie Option • Falafels-WW Pita		Veggie Option • N/A	

➤ Please note that the menu is subject to change without notice due to the availability of certain food products or through unexpected generous food donations 😊