

FEBRUARY

EAST WINDSOR PUBLIC SCHOOLS

AVAILABLE DAILY

Choice of White, Chocolate, Low Fat,
or Skim Milk and Choice of Fruit

ALTERNATE LUNCH CHOICES

Fresh Fruit with Yogurt and Bagel
Chef Salad with a roll
Assorted Grinders
Assorted Sandwiches

Grilled cheese 1 Tomato soup Choice of fruit BBQ rib on a roll	Mozzarella sticks 2 Marinara sauce Garlic breadstick Tossed salad Assorted dressings Choice of fruit BBS – Birthday cake	Pizza - plain or 3 pepperoni Veggie stix with low fat dip Choice of fruit or jello HS – French bread pizza	Tacos 4 Rice Green beans Lettuce & salsa Choice of fruit Chicken Fajita tortilla	French toast sticks 5 Sausage links Hash brown potato Choice of fruit or juice HS – Deli bar
Baked Potato Bar 8 Broccoli cuts with cheese Chili with meat sauce Dinner roll Choice of fruit Hot dog on a roll	Popcorn chicken 9 Mashed potatoes with gravy Corn Bread & butter Choice of fruit	Deep dish pizza 10 Tossed salad Assorted dressings Choice of fruit or jello HS - French bread pizza	Shells with meat sauce 11 Green beans Garlic breadstick Choice of fruit	Corn dog nuggets 12 Potato puffs Pickle chips Choice of fruit Fish sticks HS – Deli bar
15 PRESIDENTS' DAY	16 NO	17 SCHOOL	18 WINTER	19 RECESS
Cheese calzone 22 Broccoli cuts with cheese Choice of fruit BBS – Hot dog on a roll	Breaded oven baked 23 chicken Mashed potatoes with gravy Glazed carrots Choice of fruit Spicy Tenders BB – Chicken tenders	Stuffed crust pizza 24 Tossed salad Assorted dressings Choice of fruit or jello HS – French bread pizza	Teriyaki tenders 25 Rice Green beans Bread & butter Choice of fruit	Cheeseburger or 26 hamburger on a roll French fries Choice of fruit Fish on a roll HS - Deli bar