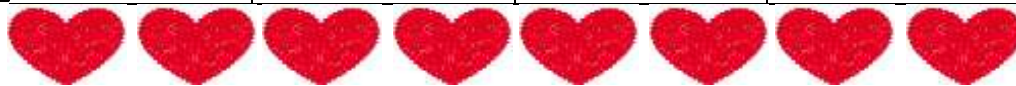


Parker Junior High 6-8 February 2019 K-8 LunchSmart Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Salad Special: Chef Salad with Breadstick* <hr/> Spotlight Fruit of the Week: Bananas			<div style="border: 2px solid black; padding: 5px; display: inline-block;"> February is American Heart Month </div>		February 1 Lasagna Roll-Up* & Garlic Bread* Capri Blend Veggies Pears
Weekly Salad Special: Apple-Cranberry Chicken Salad with Pretzels* & Roll* <hr/> Spotlight Fruit of the Week: Fresh Pears	February 4 Oven-"Fried" Chicken Drumstick* & Breadstick* Corn Peaches	February 5 Meatball Sub* with Marinara & Mozzarella California Blend Veggies Mixed Fruit	February 6 Bosco Stick* with Marinara Dipping Sauce Green Beans Pineapple	February 7 Chili Con Carne with Mini Cornbread Loaf* Oven-Baked Potato Wedges Applesauce	February 8 Super Nachos* with Refried Beans & Salsa Broccoli Florets Pears
Weekly Salad Special: Southwest Salad with Chips* & Salsa <hr/> Spotlight Fruit of the Week: Grapes	February 11 Orange Chicken Brown Rice* Sliced Carrots Peaches	February 12 All-Beef Hot Dog on a Bun* Kettle-Baked Beans Mixed Fruit	February 13 Popcorn Chicken Bowl with Mashed Potatoes & Corn* & Honey Wheat Dinner Roll* Pineapple	February 14 Rotini* with Turkey Meatballs & Homemade Marinara Broccoli Florets Applesauce	February 15 Turkey Chili with Mini Cornbread Loaf* Oven-Baked Sweet Potato Waffle Fries President Snacks* Pears
Weekly Salad Special: Chef Salad with Breadstick* <hr/> Spotlight Fruit of the Week: Bananas	February 18 NO SCHOOL	February 19 BBQ Chicken Sandwich Parsley Redskin Potatoes Peaches	February 20 Chipotle Chicken Wrap* Black Beans Sliced Carrots Pineapple	February 21 Western Burger on a Bun* Cowboy Caviar (marinated black bean & corn salad) Celery Sticks Snickerdoodle Cookie* Applesauce	February 22 Toasted Cheese Sandwich* with Tomato Soup & Cheddar Goldfish Crackers* California Blend Veggies Pears
Weekly Salad Special: Chicken Caesar Salad with Breadstick* <hr/> Spotlight Fruit of the Week: Fresh Pears	February 25 Chicken Parmesan Sandwich on a Bun* California Blend Veggies Peaches	February 26 Beef Sloppy Joe on a Bun* Baby Carrots Mixed Fruit	February 27 Beef Burrito Bowl* with Black Beans, Corn, Garnish Cup & Salsa Pineapple	February 28 Boneless Chicken Wings with BBQ Dipping Sauce Scalloped Potatoes Green Beans Applesauce	



Available Each Day: Rainbow Variety Bar, Entrée Salads, Fresh Fruit, Sunbutter & Jelly Sandwich* with Yogurt Cup, Milk (1% & Skim White Plus Fat-Free Chocolate)

Freshly Prepared Additional Entrées Offered Daily

All-American Cheeseburger* / Classic Hamburger* / Spicy Chicken Sandwich* / Grilled Chicken Breast Sandwich* / Pizza* (Big Daddy's extra cheesy Monday-Friday/ Buffalo chicken on Mondays, Wednesdays & Fridays / 4-meat on Tuesdays & Thursdays)

Fresh Deli Sandwiches Served Every Day on a Rotating Basis

Turkey & Cheese* / Roast Beef & Cheddar* / Turkey Ham & Cheese* / Sedona Turkey Sub* Tuna Salad* served on a rotating basis

*=Item contains whole grains / ^=Item contains pork / L=Locally sourced / Milk served with lunch contains no artificial growth hormones or antibiotics / Menu is subject to change based on availability and quality of food items

Color Me Green

Green is a beautiful color that represents renewal and the environment. This month, we are focusing on the benefits of eating green fruits and vegetables. Green produce promotes vision health, supports strong bones and teeth, and helps to lower your risk of some cancers. Green fruits and vegetables are colored by chlorophyll, a natural plant pigment. Have you tried any of these green veggies or fruits: broccoli, zucchini, lettuce, celery, spinach, green grapes or green pears?

The Culinary Explorations travel group has reached the midpoint of our Route 66 journey in **Adrian, Texas!** We will celebrate this milestone with a Lone Star lunch that includes a lip-smacking Western burger and our version of "cowboy caviar." Did you know that Texan Fletcher Davis, of Athens, claimed to have invented the modern hamburger at his restaurant in the 1880s?

