

Parker Junior High 6-8 LunchSmart Menu February 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Salad Special: Apple-Cranberry Chicken Salad with Pretzels* & Roll* Spotlight Fruit of the Week: Fresh Pears	February is Black History Month. This event started as Negro History Week, a movement founded by scholar Dr. Carter G. Woodson and colleagues at the Association for the Study of Negro Life and History, in 1926. The purpose is to highlight the accomplishments of people of African descent. This month, we have included the favorite dishes of some notable people from cities our company serves including rock and roll pioneer Chuck Berry (St. Louis), entertainer and French Resistance agent Josephine Baker (St. Louis), former US President Barack Obama (Chicago), publisher John H. Johnson (Chicago), and poet and memoirist Maya Angelou (St. Louis).			February 1 Cheesy Beefy Macaroni* & Honey Wheat Dinner Roll* Sweet Potato Puffs Applesauce	February 2 Beef Nachos* with Salsa Refried Beans Broccoli Florets Pears
Weekly Salad Special: Southwest Salad with Chips* & Salsa Spotlight Fruit of the Week: Grapes	February 5 Popcorn Chicken Bowl with Mashed Potatoes & Corn* & Honey Wheat Dinner Roll* Peaches	February 6 All-Beef Hot Dog on a Bun* Oven-Baked Spiral-Cut French Fries Mixed Fruit	February 7 Chicken Tenders* with Breadstick* & BBQ Dipping Sauce Chuck Berry's Roasted Sweet Potatoes Pineapple	February 8 Josephine Baker's Rotini* with Homemade Bolognese Sauce Broccoli Florets Applesauce	February 9 Bean & Cheese Chalupa* with Homemade Spanish Rice, Garnish Cup & Salsa Black Beans Pears
Weekly Salad Special: Asian Salad with Edamame & Breadstick* Spotlight Fruit of the Week: Bananas	February 12 Chipotle Chicken Wrap* Corn Snickerdoodle Cookie* Peaches	February 13 Chicken & Pasta* with Homemade Alfredo Sauce & Garlic Bread* Capri Blend Veggies Mixed Fruit	February 14 Fish Fillet Sandwich* with Cheese & Tartar Sauce Kettle-Baked Beans Pineapple	February 15 Build-Your-Own Crunchy Beef Tacos* with Garnish Cup & Salsa Baby Carrots Applesauce	February 16 Cantonese-Style Chicken with Asian Rice* California Blend Veggies Mandarin Oranges Chinese New Year (Lunar New Year)
Weekly Salad Special: Chicken Caesar Salad with Breadstick* Spotlight Fruit of the Week: Fresh Pears	February 19 No School	February 20 President Barack Obama's Turkey Chili with Honey Corn Biscuit* Baby Carrots Mixed Fruit	February 21 Chicken Parmesan Sandwich on a Bun* California Blend Veggies Peaches	February 22 Boneless Chicken Wings with BBQ Dipping Sauce John H. Johnson's Black-Eyed Peas Applesauce	February 23 Handcrafted Mac & Cheese* Green Peas Pears
Weekly Salad Special: Crispy Chicken Salad with Breadstick* Spotlight Fruit of the Week: Grapes	February 26 Chicken Soft Tacos on Tortillas* with Garnish Cup & Salsa Refried Beans California Blend Veggies Peaches	February 27 BBQ Rib Sandwich on a Bun* ^A Corn Mixed Fruit	February 28 Maya Angelou's Oven-Roasted Chicken Drumstick with Handmade Spanish Rice* & Honey Wheat Dinner Roll* Green Beans Pineapple		

Let's Give Everyone a (Clean) Hand

Did you know that hands are the single most important way all types of infections are transmitted? Hand washing with warm water and soap is one of the best ways to combat the problem. Lather up for about as long as it takes to sing "Happy Birthday" twice. Rinse well and dry with a clean or disposable towel or air dryer. Help to prevent the spread of germs that make you sick.

Rainbow Variety Bar and Fresh Fruit Available Each Day / Skim and 1% White Milk Plus Fat Free Chocolate Milk Provided Every Day / Freshly Prepared Additional Entrées Offered Daily

All American Cheeseburger* / Classic Hamburger* / Spicy Chicken Sandwich* / Grilled Chicken Breast Sandwich* / Sunbutter & Jelly Sandwich* with a Yogurt Cup / 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*

* Item contains whole grains / ^ Item contains pork / L Locally sourced / S Sustainable source

Milk served with lunch contains no artificial growth hormones or antibiotics / Menu is subject to change based on availability and quality of food items

This institution is an equal opportunity employer