



Island Park Union Free School District  
 LINCOLN ORENS MIDDLE SCHOOL  
 Lunch Menu FEBRUARY 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1-Feb</b> Breaded <b>Mozzarella Sticks</b> with Marinara Sauce Green Beans Fresh Fruit, USA Apple Sauce (W,M)
<b>4-Feb</b> <b>Macaroni &amp; Cheese</b> Broccoli Florets Italian Bread Fresh Fruit USA Diced Peaches (M,W)	<b>5-Feb</b> HAPPY CHINESE NEW YEAR 新年快樂 <b>Orange Chicken</b> Vegetable Egg Roll Fresh Fruit USA Apple Sauce (S,W)	<b>6-Feb</b> <b>Hamburger</b> on a Bun Crinkle Cut French Fries Corn, Pickle Chips Fresh Fruit USA Mixed Fruit (S,W)	<b>7-Feb</b> <b>Pizza</b> Tomato & Cucumber Salad Fresh Fruit USA Diced Pears (S,W,M)	<b>8-Feb</b> <b>Fajita Chicken</b> Tortilla Wrap Vegetarian Beans Shredded Cheese Fresh Fruit USA Apple Sauce (W,S,M)
<b>11-Feb</b> <b>Turkey Taco</b> WG Tostito Scoops Black Beans Salsa Shredded Cheese Fresh Fruit USA Diced Peaches (S,W,M)	<b>12-Feb</b> Grilled <b>American Cheese</b> Three Bean Salad Fresh Fruit USA Apple Sauce (S,W,M)	<b>13-Feb</b> <b>Pasta Meat Sauce</b> Green Beans Fresh Fruit USA Mixed Fruit (S,W)	<b>14-Feb</b>  <b>Pizza</b> Tossed Green Salad Fresh Fruit USA Diced Pears (S,W,M)	<b>15-Feb</b> <b>Chicken Strips</b> Seasoned Rice Carrot Coins Fresh Fruit USA Apple Sauce (-)
<b>18-Feb</b> 	<b>19-Feb</b> 	<b>20-Feb</b> 	<b>21-Feb</b> 	<b>22-Feb</b> 
<b>25-Feb</b> <b>Meatballs</b> Brown Sauce, Pasta Green Beans Fresh Fruit USA Diced Peaches (S,W,M)	<b>26-Feb</b> Grilled <b>American Cheese</b> Kernel Corn Fresh Fruit USA Apple Sauce (S,W,M)	<b>27-Feb</b> <b>Chicken Tenders</b> Mashed Potatoes Broccoli Florets Fresh Fruit USA Mixed Fruit (S,W,M)	<b>28-Feb</b> <b>Pizza</b> Tomato & Cucumber Salad Fresh Fruit USA Diced Pears (S,W,M)	

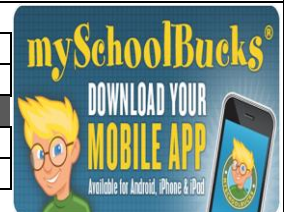
**FREE AND REDUCED LUNCHES AVAILABLE WITH AN APPROVED APPLICATION**

All Meals Served with a Choice of 1% LowFat, Fat Free and Fat Free Flavored Milks

**Prices**



Lunch of the Day	\$2.75	10 prepaid meals	\$27.50
		20 prepaid meals	\$55.00
Reduced Lunch	\$0.25	10 prepaid meals	\$2.50
		20 prepaid meals	\$5.00



**A Complete Meal Includes**

Whole Grain Bread/Grain, Meat/Meat Alternative, Choice of Vegetable, Choice of Fruit  
 A minimum of three must be chosen, One must be a fruit or vegetable

**SANDWICHES WILL BE AVAILABLE MONDAY, TUESDAY, WEDNESDAY AND THURSDAY ONLY**

Bologna, Cheese, Egg Salad, Ham, PB & J, Salami, Tuna Salad and Turkey Sandwiches are served on a choice of White, Wheat, or Rye

**Salads will be available on Friday**

**Fresh Garden Salad** comes with a choice of a scoop of Tuna or Egg Salad  
**Chef Salad** comes with a choice of Meat and Cheese or a Hard Boiled Egg

Menu key references for specific **Allergens**: M-milk SF-seafood P-peanut E-egg T-treenut S-soybean F-fish W-wheat

Menu subject to change without notice

This institution is an equal opportunity provider and employer