

Island Park Union Free School District

FEBRUARY

Hegarty Elementry  
Lunch Menu February 2018

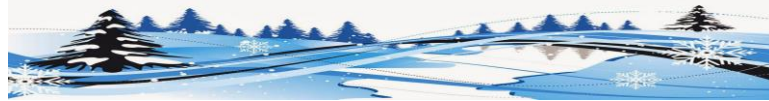


			Thursday	Friday
			1-Feb	2-Feb
<b>Lunch of the Day</b>	<b>\$2.50</b>	10 Prepaid Meals \$25.00 20 Prepaid Meals \$50.00	<b>Brunch for Lunch</b> French Toast Sticks Pork Sausage Potato Rounds Apple Sauce (S,W,E)	<b>Fresh Made Pizza</b> Mixed Salad Apple Juice Fresh Fruit or Fruit Cocktail ( S W M ) 
<b>Reduced Lunch of the Day</b>	<b>\$0.25</b>	10 Prepaid Meals \$2.50 20 Prepaid Meals \$5.00		
5-Feb	6-Feb	7-Feb	8-Feb	9-Feb
<b>Chicken Pattie on Whole Wheat Bun</b> Sweet Potato Fries Broccoli Florets Fresh Apple or Canned Diced Pears (S,W)	<b>Bowtie Pasta w/ Homemade Meat Sauce</b> Steamed Carrots Bread Stick Fresh Apple or Apple Sauce (W,S)	<b>Chicken Tenders</b> Seasoned White Rice Bread Stick Buttered Corn Kernals Fresh Fruit or Frz. Sliced Peaches (S,W,M)	<b>Meatballs Brown Sauce</b> Bowtie Pasta Green Beans Fresh Apple or Canned Pears (S,W)	<b>Fresh Made Pizza</b> Mixed Salad Fruit Punch Fresh Fruit or Fruit Cocktail ( S W M )
12-Feb	13-Feb	14-Feb	15-Feb	16-Feb
<b>Beef Taco</b> Corn Chips Tomato Salsa Shredded Cheddar Black Beans Canned Mixed Fruit (S)	<b>Homemade Mac &amp; Cheese</b> Broccoli Florets Plain Bread Stick Fresh Apple or Canned Mixed Fruit (M,W)	<b>Chicken Nuggets</b> Potato Fries Steamed Corn Fresh Fruit or Fruit Cocktail (S,W,M)	<b>Beef Hamburger on Whole Wheat Bun</b> Baked Beans Green Peas Fresh Fruit (S,W)	<b>Fresh Made Pizza</b> Mixed Salad Grape Juice Fresh Fruit or Fruit Cocktail ( S W M )
19-Feb	20-Feb	21-Feb	22-Feb	23-Feb

Winter Recess February 19th - 23th



Have a great winter break!



26-Feb	27-Feb	28-Feb	
<b>Chicken Tenders</b> Seasoned Rice Wheat Bread Stick Green Beans Mixed Fruit (S,W,M)	<b>Beef Hamburger on Whole Wheat Bun</b> French Fries Sliced Carrots Diced Fruit (S,W)	<b>Popcorn Chicken</b> Brown Rice Steamed Broccoli Fresh Fruit or Apple Sauce (S,W)	

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

**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, THURSDAY AND FRIDAY ONLY**

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

**Salads will be available on Wednesdays**

**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

**Chicken Ceasar Salad** includes 1oz. of Croutons

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