






























February 2019 - Abernethy

Eat Local Greens — February 7 & 21

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Enchiladas 
4 Three Bean Chili with Tortilla Chips  Hummus and Pita Bread 	5 Local Lentils  Cucumber Salad 	6 Hamburger or Cheeseburger on a Whole Wheat Bun	7 Pizzeria Day Cheese  Pepperoni  Basil, Garlic and Chicken Italian Deli Sandwich	8 Alaskan Pollock Roasted Potatoes and Coleslaw 
11 BBQ Pork Sandwich  Coleslaw  Hummus and Pita Bread 	12 Indian Style Curry, Garbanzo Beans and Brown Rice 	13 Homemade Lasagna 	14 Pizzeria Day Cheese  Pepperoni  Pepperoni and Sausage  Turkey Ham and Cheese Wrap	15 Green Chile and Cheese Tamale  Bean and Corn Salad 
18 Presidents' Day Schools Closed	19 Rotini with Marinara  Garbanzo Bean Salad 	20 Hamburger or Cheeseburger on a Whole Wheat Bun	21 Pizzeria Day Cheese  Pepperoni  Pepperoni and Sausage  Turkey Sandwich	22 Hand Rolled Bean and Cheese Burrito 
25 Baked Potatoes with Chili and Roasted Broccoli  Hummus and Pita Bread 	26 Oven Baked Chicken, Mashed Potatoes, and a Wheat Roll	27 Chicken Alfredo with Broccoli	28 Pizzeria Day Cheese  Pepperoni  Pineapple and Pepperoni  Italian Deli Sandwich	

 Vegetarian option, may contain cheese &/or egg |  Pork | **PB&J served Tuesday-Friday and yogurt served every day** 

Lunch includes one entrée, milk and **unlimited fruits and vegetables**. Students **MUST** choose at least ½ cup of fruit or vegetable.

Menu is subject to change. This institution is an equal opportunity provider.