

ALC CATERED LUNCH MENU: February 2020

3- MONDAY	4- TUESDAY	5- WEDNESDAY	6- THURSDAY	7- FRIDAY
LUNCH: Milk	LUNCH: Milk	LUNCH: Milk	LUNCH: Milk	LUNCH: Milk
TURKEY MEATLOAF w/ GRAVY	CHICKEN PARMESAN SANDWICH	BREAKFAST FOR LUNCH	1/2 c SPANISH RICE & BEANS	2 CHEESE RAVIOLI w/ 1 oz
w/ 1 oz TURKEY	1 oz CHICKEN & CHEESE	TURKEY SAUSAGE PATTY	w/ 1/4c BEANS & 1/4c BROWN RICE	CHEESE; TOMATO SAUCE
1 slice WHOLE WHEAT BREAD	WHOLE WHEAT HOT DOG ROLL	2 WHOLE GRAIN FT STICKS-SYRUP	1 slice WHOLE WHEAT BREAD	1/8 c PEAS
1/8 c ROASTED POTATOES	1/8 c CAULIFLOWER &	2 TATER TOTS	1/8c ZUCCHINI (lightly steamed)	1/8 c FRESH FRUIT MEDLEY
1/8 c PEACHES	BROCCOLI – LIGHTLY STEAMED	1/8 c CANTALOUPE	1/8 c MANDARIN ORANGES	
10- MONDAY	11- TUESDAY	12- WEDNESDAY	13- THURSDAY	14- FRIDAY
LUNCH: Milk	LUNCH: Milk	LUNCH: Milk	LUNCH: Milk	LUNCH: Milk
1/2 c MACARONI & CHEESE w/	1 oz TURKEY w/ GRAVY	CHICKEN SALAD SANDWICH	1/2 c AMERICAN CHOP SUEY	FISH PATTY
1/4 c WHOLE GRAIN ROTINI	1 slice WHOLE WHEAT BREAD	1 oz CHICKEN w/ MAYONNAISE	1 oz BEEF, 1/4 c WHOLE	WHOLE WHEAT ROLL
& 1 oz CHEESE	1/8 c BUTTERNUT SQUASH	2 sl. WHOLE WHEAT BREAD	GRAIN ROTINI & TOMATO SAUCE	1/8c ZUCCHINI (lightly steamed)
1/8 c BROCCOLI	1/8 c PINEAPPLES	1/8 c CARROTS	1/8 c GREEN BEANS	1/8 c HONEYDEW MELON
1/8 c WATERMELON		1/8 c APPLESAUCE	1/8 c PEACHES	TARTAR SAUCE & KETCHUP
17- MONDAY	18- TUESDAY	19- WEDNESDAY	20- THURSDAY	21- FRIDAY
CLOSED for Presidents' Day!	LUNCH: Milk	LUNCH: Milk	LUNCH: Milk	LUNCH: Milk
	EGG SALAD SANDWICH	3/4 c VEGGIE JAMBALAYA	MEATBALL GRINDER w/	CHEESE PIZZA (1)
	1/2 EGG w/ MAYONNAISE	1/4 c BEANS; 1/4 c BROWN RICE;	2 MEATBALLS & TOMATO SAUCE	w/ 1 oz CHEESE
	2 sl. WHOLE WHEAT BREAD	SPAGHETTI SAUCE; 1/8 c	WHOLE WHEAT HOT DOG ROLL	1/8 c PEAS
	1/8 c CARROTS	CARROTS, PEPPERS & ONIONS	1/8 c BROCCOLI	1/8 c CANTALOUPE
	1/8 c FRESH FRUIT MEDLEY	CORN BREAD & FRUIT MIX	1/8 c PINEAPPLES	
24- MONDAY	25- TUESDAY	26- WEDNESDAY	27 THURSDAY	28- FRIDAY
LUNCH: Milk	LUNCH: Milk	LUNCH: Milk	LUNCH: Milk	LUNCH: Milk
2 Whole grain chicken nuggets	3/4 c TURKEY & BEAN CHILI	2 FISH STICKS	BREAKFAST FOR LUNCH	1/2 c CHEESE LASAGNA w/
1/4 c BROWN RICE	3/4 oz TURKEY, 1/8 c BEANS,	1 slice WHOLE WHEAT BREAD	TURKEY SAUSAGE PATTY	1/4 c WHOLE GRAIN EGG NOODLES,
1/8 c CAULIFLOWER &	& 1/8 c PEPPERS & ONIONS	1/8 c CARROTS	WHOLE GRAIN PANCAKE-SYRUP	TOMATO SAUCE & 1 oz CHEESE
BROCCOLI – LIGHTLY STEAMED	1 slice WHOLE WHEAT BREAD	1/8 c HONEYDEW MELON	1/8 c ROASTED POTATOES	1/8c ZUCCHINI (lightly steamed)
1/8 c PEARS	1/8 c WATERMELON	TARTAR SAUCE & KETCHUP	1/8 c PEACHES	1/8 c MANDARIN ORANGES