

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
|  |   |  |  | (1)<br>-French Toast (2)<br>-Turkey Sausage Links (2)<br>-Fresh Baby Carrots<br>-Fresh Fruit<br>-1% or Skim Milk    |
| (4)<br>-Cheese Lasagna<br>-Romaine Salad w/Tomatoes<br>-Steamed Carrots<br>-Fresh Apple<br>-1% or Skim Milk                      | (5)<br>-Cheeseburger on WW Bun<br>-French Fries<br>-Chilled Pears<br>-1% or Skim Milk   | (6)<br>-Cheese Quesadillas<br>-Salsa<br>-Black Beans<br>-Fresh Fruit<br>-1% or Skim Milk                           | (7)<br>-Chicken Nuggets<br>-Mashed Potatoes<br>-Broccoli<br>-Fresh Fruit<br>-1% or Skim Milk                       | (8)<br>-Beef Tacos w/shredded cheese<br>-Corn<br>-Shredded Lettuce<br>-Applesauce<br>-1% or Skim Milk               |
| (11)<br>-Baked Cheese Ziti<br>-Fresh Baby Carrots<br>-Romaine Salad w/Cucumbers and Tomatoes<br>-Fresh Apple<br>-1% or Skim Milk | (12)<br>-Sausage, Egg and Cheese on English Muffin<br>-Fresh Baby Carrots<br>-Spinach Salad<br>-Fresh Fruit<br>-1% or Skim Milk | (13)<br>-BBQ Chicken<br>-Mashed Potatoes<br>-Black Beans<br>-Chilled Applesauce<br>-1% or Skim Milk                | (14)<br>-Bean Burrito w/Cheese<br>-Salsa<br>-Spanish Rice<br>-Steamed Broccoli<br>-Fresh Fruit<br>-1% or Skim Milk | (15)<br><b>SCHOOLS<br/>CLOSED<br/>FOR<br/>PRESIDENTS' WEEKEND</b>   |
| (18)<br><b>SCHOOLS CLOSED<br/>FOR<br/>PRESIDENTS' WEEKEND</b>  | (19)<br>-Veggie Burger<br>-French Fries<br>-Fresh Fruit<br>-1% or Skim Milk   | (20)<br>-Turkey Hot Dog on WW Bun<br>-Vegetarian Beans<br>-Fresh Fruit<br>-1% or Skim Milk                         | (21)<br>-Macaroni and Cheese<br>-Steamed Broccoli<br>-Chilled Applesauce<br>-1% or Skim Milk                       | (22)<br>-French Toast (2)<br>-Turkey Sausage Links (2)<br>-Fresh Baby Carrots<br>-Chilled Pears<br>-1% or Skim Milk |
| (25)<br>-Grilled Cheese<br>-Romaine Salad w/Tomatoes<br>-Fresh Fruit<br>-1% or Skim Milk   | (26)<br>-Cheese Stuffed Shells w/Marianara<br>-Green Peas<br>-Fresh Fruit<br>-1% or Skim Milk                                   | (27)<br>-Fish Tacos w/shredded cheese<br>-Black Bean Salad<br>-Shredded Lettuce<br>-Applesauce<br>-1% or Skim Milk | (28)<br>-Cheeseburger on WW Bun<br>-French Fries<br>-Fresh Fruit<br>-1% or Skim Milk                               |   |

## **GREATER BRUNSWICK CHARTER SCHOOL** FEBRUARY 2019 LUNCH MENU

**ALSO PROVIDED DAILY: 3 GARDEN SALADS WITH CHEESE LUNCH ALTERNATES, SKIM MILK, LACTAID MILK, 2 CHEESE SANDWICHES**

*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. This institution is an equal opportunity provider.*

**Allthingskidz Catering**

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\*Fruits subject to change based upon seasonal availability