





Menu Subject to Availability
 -1% or Skim milk served with each meal
 -All rolls, rice, burritos, bread, tortillas are multi grain or whole grain.
 -Menu substitutions available for children with physician authorized special diets, as well as PB&J, cheese & PB sandwich.



February 2019

CENTER FOR SPECTRUM SERVICES
ELLENVILLE
 LUNCH MENU

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						2 
	3 GF Chicken strips, sweet tater tot's , veggies , fruit, milk	4 Turkey, brown rice, Sweet yam, fruit, milk	5 Bow tie pasta, chicken cutlet, sweet peas, fruit, milk	6 Sloppy Joe over brown rice, veg- gies, fruit, milk	7 Tomato soup, grilled cheese , sandwiches, fruit, milk	8
9	10 Boneless Pork Chop, pinto beans, brown rice, carrots, applesauce, milk	11 Spaghetti with meat sauce, biscuit, green beans, fruit, milk	12 BBQ Chicken, sweet yams, cran- berry, corn, fruit, milk	13 Whole Wheat piz- za, broccoli, fruit, milk	14 Chicken rice soup, grilled cheese sandwiches, fruit, milk	15 
	17 School Closed in observance of President's Day	18 GF Chicken strips, brown rice with veggies, fruit, milk	19 Ziti with sauce, bis- cuit, green beans, fruit, milk	20 Brown rice with beans, chicken in sauce, veggies, fruit, milk	21 Chicken noodle soup, grilled cheese sandwich, fruit, milk	22
23	24 Elbow pasta with olive oil, boneless chicken, veggie, fruit, milk	25 Hamburger or cheeseburger, tater tots, veggies, fruit, milk	26 GF Chicken , brown rice, veggies, fruit, milk	27 Baked Fish, sweet candy yam, green beans, fruit, milk	28 Brown rice with beans, chicken in sauce, veggies, fruit, milk	