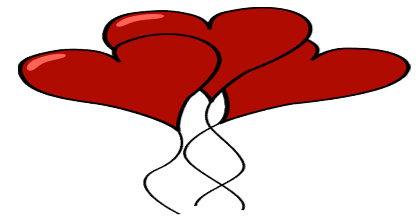




New Heights School



February 2022 Lunch Menu

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
	2/1 Chicken Parmesan Sandwich WG Hamburger Bun Marinara Sauce Shredded Mozzarella Green Beans Fresh Banana	2/2 Sweet & Sour Chicken Veg Brown Rice Fresh Broccoli Strawberry Cup Sweet & Sour PC	2/3 BBQ Chicken Sandwich Corn Fresh Orange	2/4 PIZZA Fresh Carrots Fresh Apple
2/7 Beef Meatball Sub WG Hoagie Bun Mozzarella Cheese Fresh Carrots Applesauce Cup	2/8 Beef Taco wg tortilla shredded cheese shredded lettuce Fresh Cucumber coins Fresh Apple	2/9 Sloppy Joe on WG Bun Corn Peach Cup	2/10 Chicken Tenders WG Tea Biscuit Veg Baked Beans Fresh Orange BBQ Sauce PC	2/11 PIZZA Fresh Broccoli Mixed fruit Cup
2/14 Pizza Chicken Burger on WG Bun Corn Niblets Fresh Apple	2/15 French Toast & Turkey Sausage Fresh Carrots Fresh Cucumber coins Strawberry Cup Syrup PC	2/16 Beef Cheeseburger on WG Bun Veg Baked Beans Applesauce Cup Ketchup PC	2/17 Chicken Marinara w/ Mozzarella Cheese WG Teabiscuit Brown Rice Fresh Broccoli Fresh Orange	2/18 PIZZA Fresh Carrots Fresh Celery Sticks Fresh Apple
2/21 NO SCHOOL	2/22 BBQ Drumstick Veg. Brown Rice WG Teabiscuit Fresh Carrots Fresh Banana	2/23 Turkey w/Gravy WG Teabiscuit Mashed Potatoes Fresh Celery Peach Cup	2/24 Softshell Beef Taco Black Beans WG 8" Tortilla Shredded Cheese & Lettuce Salsa Fresh Apple	2/25 PIZZA Fresh Broccoli Fresh Orange Fresh Cucumber coins
2/28 Beef Hot Dog on WG Hot Dog Bun Veg. Baked Beans Strawberry Applesauce Cup Ketchup PC				Lancer Dining Services does not use peanuts, pork, tree nut or shellfish ingredients. All items are baked or steamed, mindfully made with fresh or frozen vegetables (never canned!), 100% whole grains and a variety of lean meats using heart-healthy oils and low-salt seasonings.

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED. ALL BREADS SERVED ARE WHOLE GRAIN.

This institution is an equal opportunity provider.