

Common Ground
002 - COMMON GROUND HS
LUNCH FEBRUARY 2017

Jan 28, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		Feb - 1 *AMERICAN CHOP SUEY* *AMERICAN CHOP SUEY VEGGIE* SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO *CIABATTA ROLLS	Feb - 2 TURKEY AND DRESSING SUPREM VEGETABLE WRAPS SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO CRANBERRY SAUCE	Feb - 3 SPAGHETTI AND MEAT SAUCE VEGGIE SPAGHETTI* SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO *CIABATTA ROLLS
Feb - 6 *HAMBURGER ON A BUN *GARDENBURGERS* *FRENCH FRIES SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	Feb - 7 *BEEF HOT DOG WITH BUN* VEGAN SAUSAGE* BAKED BEANS (VEGETARIAN) *CORN SALAD,TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO *CONDIMENTS	Feb - 8 TUNA MACARONI SALAD VEGGIE BURGER W/BUN TOMATO AND RED ONION SALAD PASTA SALAD CHIPS, ASSORTED SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO *CIABATTA ROLLS	Feb - 9 BARBECUED CHICKEN VEGGIE BURGER W/BUN SPANISH RICE SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO *CIABATTA ROLLS	Feb - 10 SAUSAGE AND PEPPER SUB* VEGAN SAUSAGE* SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

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Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 13 NACHOS WITH GROUND BEEF SOUR CREAM FAT FREE SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO *CIABATTA ROLLS	Feb - 14 CHICKEN STEW VEGETABLE CHILI SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO *CIABATTA ROLLS	Feb - 15 BISCUITS*SAUSAGE VEGAN SAUSAGE* BISCUITS CHICKEN AND NOODLES SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	Feb - 16 PULLED PORK SANDWICHES* PULLED TURKEY SANDWICHES PULLED "VEGGIE" BBQ COLE SLAW SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	Feb - 17 SW TURKEY BURGERS VEGGIE BURGER W/BUN BAKED BEANS (VEGETARIAN) SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO
Feb - 20 NO SCHOOL	Feb - 21 NO SCHOOL	Feb - 22 GRILL CHICKEN CAESAR SAL VEGGIE CHICKEN CAESAR SALAD SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO *CIABATTA ROLLS	Feb - 23 MEAT BALLS MEATLESS "MEATBALLS" SUB* CREAM GRAVY PASTA, WHOLE GRAIN *BROCCOLI W/GARLIC* SALAD, TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	Feb - 24 CHILI CON CARNE W/ BEANS *FRENCH FRIES NACHO CHEESE SAUCE SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO
Feb - 27 BAKED CHICKEN *FRENCH FRIES *GREEN BEANS VEGETABLE WRAPS SALAD, TOSSED SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Feb - 28 *STEAK & CHEESE WRAPS *GRILLED CHEESE SANDWICH* CARROT-RAISIN SALAD SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO			

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