

Common Ground High School
FEBRUARY LUNCH
2019

Monday	Tuesday	Wednesday	Thursday	Friday
				Feb - 1 *HAM & CHEESE SANDWICH* EGG SALAD SANDWICH TURKEY BOLOGNA & CHEESE SUB MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* MIXED GARDEN VEGGIES *CELERY STICKS* *CARROT STICKS* *CHIPS,BAKED LAYS SALAD BAR PICKLES,DILL
Feb - 4 VEGGIE EGG WHITE FRITATTA* RANCH POTATO WEDGES CORNBREAD MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* MIXED GARDEN VEGGIES *CELERY STICKS* *CARROT STICKS* SALAD BAR	Feb - 5 MAC & CHEESE MAC & CHEESE *CIABATTA ROLLS MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* MIXED GARDEN VEGGIES *CELERY STICKS* *CARROT STICKS* SALAD BAR	Feb - 6 SW TURKEY BURGERS VEGGIE BURGER W/BUN MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* MIXED GARDEN VEGGIES *CELERY STICKS* *CARROT STICKS* *CHIPS,BAKED LAYS SALAD DRESSING SALAD,TOSED	Feb - 7 CHILI CON CARNE W/ BEANS RICE,Brown,cooked, Cooks *CIABATTA ROLLS MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* MIXED GARDEN VEGGIES *CELERY STICKS* *CARROT STICKS* SALAD BAR	Feb - 8 PORK TENDERLOIN * VEGETABLE BURRITO RICE,Brown,cooked, Cooks REFRIED BEANS MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* MIXED GARDEN VEGGIES *CELERY STICKS* *CARROT STICKS* SALAD BAR

**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 - 11 TORTILLA CHIPS* VEGETABLE CHILI MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* MIXED GARDEN VEGGIES *CELERY STICKS* *CARROT STICKS* SALAD BAR SOUR CREAM FAT FREE SALSA NACHO CHEESE SAUCE	Feb - 12 *HAM STEAK *FALAFEL IN PITA PASTA SALAD APPLESAUCE,SWEETENED MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* MIXED GARDEN VEGGIES *CELERY STICKS* *CARROT STICKS* *CHIPS,BAKED LAYS SALAD BAR	Feb - 13 MEATBALL SUB* MEATLESS "MEATBALLS" SUB* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* MIXED GARDEN VEGGIES *CELERY STICKS* *CARROT STICKS* *CHIPS,BAKED LAYS SALAD DRESSING SALAD,TOSSED	Feb - 14 HIBACHI CHICKEN* HIBACHI NOODLE* HIBACHI TOFU* HIBACHI VEGETABLES* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* MIXED GARDEN VEGGIES *CELERY STICKS* *CARROT STICKS* SALAD BAR	Feb - 15 MEAT LOAF LITE LENTIL MEATLOAF/VEGAN* OVEN ROASTED POTATOES MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* MIXED GARDEN VEGGIES SALAD BAR *CIABATTA ROLLS
Feb - 18 NO SCHOOL	Feb - 19 NO SCHOOL	Feb - 20 *BEEF HOT DOG WITH BUN* TOFU DOG W/BUN *CHIPS,BAKED LAYS MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* *CELERY STICKS* *CARROT STICKS* STRING CHEESE	Feb - 21 ROAST TURKEY BREAST MASHED POTATOES* CORNBREAD STUFFING QUINOA STUFFED PEPPERS CRANBERRY SAUCE MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* *CELERY STICKS* *CARROT STICKS* SALAD BAR SALAD DRESSING	Feb - 22 CHICKEN FAJITAS 2 VEGGIE "BEEF" TACOS RICE,Brown,cooked, Cooks MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* MIXED GARDEN VEGGIES *CELERY STICKS* *CARROT STICKS* SALAD BAR

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Jul 20, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 25 HAM EGG AND CHEESE BAGEL EGG SALAD SANDWICH MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* MIXED GARDEN VEGGIES *CELERY STICKS* *CARROT STICKS* *CHIPS,BAKED LAYS SALAD BAR	Feb - 26 *FISH TACOS* FIESTA WRAP RICE,Brown,cooked, Cooks MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* MIXED GARDEN VEGGIES *CELERY STICKS* *CARROT STICKS* SALAD BAR	Feb - 27 *BLT W/CHEESE* *HUMMUS WRAP* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* MIXED GARDEN VEGGIES *CELERY STICKS* *CARROT STICKS* *CHIPS,BAKED LAYS SALAD DRESSING SALAD,TOSSED	Feb - 28 *HAMBURGER ON A BUN VEGGIE BURGER W/BUN PASTA SALAD MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *ASSORTED FRUIT* MIXED GARDEN VEGGIES *CELERY STICKS* *CARROT STICKS* *CHIPS,BAKED LAYS SALAD BAR	

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