

Moorhead Lunch - February 2012

Student lunch \$1.70 Reduced price \$.40

All meals include a trip to Chartwells food bar. Daily food bar offerings include a variety of fruits and vegetables such as:
romaine lettuce, fresh broccoli, baby carrots, fresh fruit, canned fruit and composed salads.

		1	2	3
		Sloppy Joe Scoops OR Chicken Snack Wrap Fresh Creamy Coleslaw Made w/ Locally Grown Cabbage Chilled Peaches Choice of Milk	Turkey Hot Dog on a WG Bun OR Baked Ziti w/WG Pasta Tater Tots Fresh Orange Wedges Choice of Milk	Nachos w/ Spicy Meat, Cheese, Lettuce & Salsa OR Cheese Pizza on WG Crust Rice & Beans Chilled Pineapples Choice of Milk
6	7	8	9	10
Cheese Burger on WG Bun OR Chicken Fajita on WG Tortilla Seasoned Green Beans Fruit Crisp Choice of Milk	WG French Toast Sticks w/ Turkey Sausage OR Corn Dog w/WG Biscuit Mashed Sweet Potatoes Fresh Banana Choice of Milk	BBQ Chicken Leg Quarter w/Mashed Potatoes OR Fish Sandwich on WG Bun Romaine Side Salad Fresh Apple Choice of Milk	WG Chicken Nuggets served with Biscuit OR Ham & Cheese on WG Bun Steamed Broccoli with Cheese Chilled Pears Choice of Milk	Soft Shell Beef Taco served with Cheese and Lettuce OR Peachy Yogurt Parfait Refried Beans Fresh Orange Wedges Choice of Milk
13	14	15	16	17
BBQ Riblet on WG Bun OR Warm Chicken Snack Wrap Locally Grown Butternut Squash Chilled Peaches Choice of Milk	WG Baked Breaded Chicken Nuggets w/ Wheat Dinner Roll OR Turkey & Cheese Sub Homemade Baked Beans Fruit Goop Choice of Milk	Pasta & Italian Meat Sauce OR Cheeseburger on WG Bun Seasoned Green Beans Banana Choice of Milk	WG French Toast Sticks w/ Scrambled Eggs OR Hot Turkey & Cheese Wrap Crispy Tater Tots Orange Wedges Choice of Milk	Cheese Pizza on WG Crust OR WG Breaded Chicken Sandwich on WG Bun Seasoned Corn Chilled Mixed Fruit Choice of Milk
20	21	22	23	24
Sweet and Sour Chicken w/Brown Rice OR Turkey Hot Dog on WG Bun Baked Sweet Potato Fries Chilled Pears Choice of Milk	Taco Salad w/ Tortilla Shell Rounds OR Cheeseburger on WG Bun Rice & Beans Chilled Peaches Choice of Milk	Fish Sandwich on a WG Bun w/ Cheesy Macaroni OR Beef & Bean Burrito on WG Tortilla Cucumber Coins with Low Fat Ranch Locally Grown Apple Choice of Milk	WG Mini Chicken Corn Dogs w/ WG Breadstick OR Turkey & Noodles w/WG Breadstick Steamed Broccoli w/shredded cheese Orange Smiles Choice of Milk	Cheese Pizza on WG Crust OR Ham & Cheese Sandwich on WG Bread Fresh Celery Sticks w/ Light Ranch Dip Chilled Pineapples Choice of Milk
27	28	29		
Baked WG Breaded Chicken Nuggets w/ Cornbread OR Veggie and Cheese Tostada Seasoned Steamed Broccoli Orange Wedges Choice of Milk	Toasted Cheese Sandwich on WG Bread w/ Tomato Soup Cup & Crackers OR Cheeseburger on WG Bun Fresh Baby Carrots Fruit Crisp Choice of Milk	Cheesy Red Rotini Bake OR Chicken Fajita on WG Tortilla Seasoned Green Beans Chilled Pears Choice of Milk		



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online personal wellness
resources for you and your
family.

Milk selections include: skim white and skim chocolate.
All milk is artificial hormone free.

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