


Farrell Area Schools K-12 Lunch Menu February 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
					1 MEXICAN PIZZA French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES
Every student of Farrell Schools is entitled to breakfast and lunch at no cost! Don't forget to take at least one fruit or veggie with each meal Grades 9-12 may take two fruits	4 CORN DOGS French Fries Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Meatball Hoagie	5 WALKING TACOS with Meat and Cheese Corn/Beans Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES	6 ASIAN CHICKEN on Bed of Brown Rice Steamed Broccoli Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES	7 PENNE PASTA with MEATBALLS Garden Romaine Salad Whole Grain Dinner Roll (9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Chicken Sandwich	8 CHEESE PIZZA French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES
Weekly vegetable sub groups may include: dark green, red/orange, legumes, starchy, and other Daily fruit choices may include: apples, oranges, bananas, applesauce, strawberries, peach cups, and apple slices	11 SLOPPY JOES on Whole Grain Bun French Fries Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Rib E Q Sandwich	12 HOT HAM & CHEESE SANDWICH on Whole Grain Bun Steamed Broccoli Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Cheeseburgers	13 CHICKEN NUGGETS Whole Grain Dinner Roll Mashed Potatoes Fresh Red Peppers Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES	14 SEASHELLS with MEAT SAUCE Garden Romaine Salad Whole Grain Dinner Roll (9-12) Baby Tomatoes Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Chicken Sandwich	15 NO SCHOOL TEACHER IN-SERVICE
Milk offered daily: fat free chocolate, 1% white, fat free strawberry All bread is whole grain Grab & Go Salads offered daily as a meal	18 MEATBALL HOAGIE on Whole Grain Bun French Fries Carrot Sticks Assorted Cupped and Fresh Fruit Choice of Low Fat Milk 2nd Choice: Rib E Q Sandwich	19 CHICKEN NACHOS on Whole Grain Tortilla Chips Corn or Black Beans Celery Sticks Assorted Cupped and Fresh Fruit Choice of Low Fat Milk ALL THREE LINES	20 CHICKEN SANDWICH on Whole Grain Bun Baked Beans Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES	21 ZITI PASTA with MEAT SAUCE Garden Romaine Salad Whole Grain Breadstick(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Chicken Sandwich	22 CHEESE PIZZA French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES
Cheez-its Grades 7-12 on 2/4,2/5 2/11,13,15 2/25,26,27,28 3/1 Menu subject to change	25 CHEESEBURGERS on Whole Grain Bun French Fries Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Rib E Q Sandwich	26 WALKING TACOS with Whole Grain Tortilla Chips Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES	27 CHICKEN SANDWICH on Whole Grain Bun Baked Beans Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES	28 SEASHELLS with MEAT SAUCE Garden Romaine Salad Whole Grain Dinner Roll (9-12) Baby Toatoes Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Chicken Sandwich	March 1 MEATLOAF Whole Grain Dinner Roll Mashed Potatoes Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES

The National School Lunch Program states that no student will be discriminated against on the basis of race, color, national origin, sex, age, or disability