

February 2017

Pleasantdale

LUNCH



Milk, Fruit and Salad Bar offered daily.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



**Chicken Taco
Romaine Lettuce &
Salsa
Spanish Rice**

1

**Turkey Sandwich
Soup**

2

**Pizza Friday
Veggie Sticks
Flavored Hummus**

3

**Popcorn Chicken
Winder Potatoes**

6

**Cheesy Bread Stick
Marinara
Green Beans**

7

**Spaghetti
Garden Salad
Garlic Bread**

8

**Orange Chicken
WG Rice
Fresh Cauliflower**

9

**Pizza Friday
Veggie Sticks
Flavored Hummus**

10

**Fish & Chips
Fresh Broccoli**

13

**Blueberry Pancake
Sausage
Hash brown Ovals**

14

**Mac and Cheese
Tuscan Blend
Vegetables**

15

**Pizza Friday
Red Pepper Strips
Flavored Hummus**

16

17

20

**Cheese Penne
Casserole
Butternut Squash
Garlic Bread**

21

**Roasted Chicken
Cheese Rice
Garden Salad**

22

**Walking Taco
(Turkey)
Romaine Lettuce &
Salsa
Roasted Corn & Black
Beans**

23

**Pizza Friday
Veggie Sticks
Flavored Hummus**

24

**Hot Dog
Baked Beans
Pickled Cucumber**

27

**Chicken & Waffles
Fire Roasted Sweet
Potatoes**

28

