

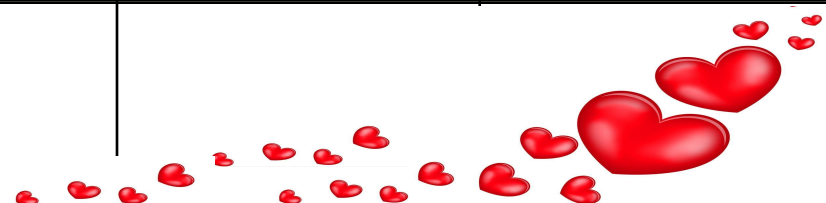




# February 2019

**FT = FIELD TRIP – do not order**

\*\* New Menu item

\* Dessert not included as part of the Entrée

Monday	Tuesday	Wednesday	Thursday	Friday
<b>FIELD TRIPS</b> <b>DO NOT ORDER</b> <i>on days your child has a fieldtrip.</i> <i>Please pack a bag lunch.</i>				<b>1</b> <b>PD DAY</b> <b>NO SCHOOL</b>
Day 5 <i>March Order Open</i> <b>4</b> Roast Beef Santa Fe Wrap & Fresh Fruit	Day 6 <i>March Order Open</i> <b>5</b> (GF) Basa Fillet Rice & Mixed Veggies <i>*Ginger Molasses Cookie</i>	Day 1 <i>March Order Open</i> <b>6</b> Penne with Meat ( <i>beef</i> ) sauce & Focaccia Bread	Day 2 <i>March Order Open</i> <b>7</b> Chicken Quesadilla & Fresh Fruit <i>*Baked Blueberry Cream Cheese Stick</i>	Day 3 <i>March Order Open</i> <b>8</b> Beef Hot Dog & Fresh Veggies <b>FT: Gr9–12</b> <b>Travel Studies</b> 
<b>11</b> FEBRUARY BREAK	<b>12</b> FEBRUARY BREAK	<b>13</b> FEBRUARY BREAK	<b>14</b> FEBRUARY BREAK	<b>15</b> FEBRUARY BREAK
<b>18</b> FAMILY DAY NO SCHOOL	Day 4 <b>19</b> Chicken Burger & Fresh Fruit <i>*DbI Chocolate Chip Cookie</i>	Day 5 <b>20</b> Ginger Beef, Rice & Broccoli & Fortune Cookie	Day 6 <b>21</b> (V) (GF) Santa Fe Chicken Salad <i>*Homemade Coconut Cookie</i>	Day 1 <b>22</b> <b>PIZZA DAY LUNCH</b> (V) (GF) 
Day 2 <b>25</b> Sweet & Sour Meatballs, Rice & Broccoli	Day 3 <b>26</b> Grilled Cheese Sandwich & Fresh Veggies <i>*Chocolate Chip Cookie</i>	Day 4 <b>27</b> <b>Cinnamon French Toast</b> <b>Turkey Sausage &amp; Fresh Fruit</b>	Day 5 <b>28</b> (V) Mac n' Cheese & Garden Salad <i>*Mini Chocolate Pie</i>	

(GF) =Gluten Free option available. Not appropriate for Celiac. (V) = Vegetarian option available. Please email to advise of order [tnelson@cfis.com](mailto:tnelson@cfis.com)