

ALLEN PARISH SCHOOL BOARD – FEBRUARY 2019

Revised 12/27/2018

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

ALL MEALS INCLUDE... Choice of Milk Each Day

WEEK 4



Valentine's Day

1
Grilled Cheese Sandwich
Vegetable Soup or Egg Roll
Carrot Sticks with Ranch
Sliced Pears
Banana
Whole Wheat Gingerbread Square

WEEK 1

4

Chicken Nuggets & Catsup
Mac & Cheese
Broccoli Cuts
Steamed Corn
Apricot Slices
Fresh Grapes

5

Pork or Turkey Roast
Steamed Rice & Gravy
Whole Wheat Bread Stick
Sweet Potatoes
with Orange Glaze
Seasoned Black Eyed Peas
Pineapple Tidbits or Apple

6

Beef, Bean & Cheese Burrito
with Salsa, Spanish Rice
Salad with Lettuce & Tomato &
Salad Dressing
Mexican Beans
Sliced Peaches
Juicy Plum

7

Chicken Spaghetti
Whole Wheat Italian Bread
with Dipping Sauce
Steamed Carrots
Celery Sticks with Ranch
Diced Pears
Applesauce

8

Crispy Fish Patty & Catsup
Scalloped Potatoes
Great Northern Beans
or Baked Beans
Fruit Cocktail
Banana
Whole Wheat Sugar Cookie

WEEK 2

11

Sloppy Joe or BBQ Rib Burger
Crispy Crinkle Fries
& Catsup
Lettuce Sandwich Cup
with Cucumber & Tomato
Pineapple Tidbits
Apple Slices

12

Red Beans & Sausage
Steamed Rice
Cornbread
Steamed Green Beans
Vegetable Melody
Melon Cup
Mandarin Oranges

13

Hot Ham & Cheese Sandwich
or Corn Dog
Mayo/Mustard/Catsup
Sweet Potato Fries
Romaine Salad
with Italian Dressing & Croutons
Fruit Cocktail
Raisin Cup

14

Meatloaf with Gravy
Mashed Potatoes
Whole Wheat Roll
Great Northern Beans
Sliced Peaches
Juicy Plum

15

Pepperoni or Cheese Pizza
Broccoli Cuts & Cheese Sauce
Garden Salad, Tomato,
Cucumber & Ranch Dressing
Steamed Corn
Apricot Slices
Applesauce

WEEK 3

18

Shepard's Pie
Sweet Peas
Steamed Carrots
Diced Pears
Banana
Soft Brownie Bite

19

Chicken & Sausage Jambalaya
Cornbread
Seasoned Mustard Greens
Cream Style Corn
Fresh Fruit Cup
Fresh Apple

20

Baked Ham
Yam Pattie
Baby Lima Beans
Whole Wheat Roll
Pineapple Tidbits
Fruit Cocktail

21

Spaghetti & Meat Sauce
Whole Wheat Breadsticks
Vegetable Melody
Creamy Coleslaw
Melon Cup
Orange Wedges

22

Cheeseburger on a WW Bun
or Egg Salad Sandwich
Mayo/Mustard/Catsup
Sandwich Cup, Pickle Slice
Sweet Potato Fries
Fruit Cocktail
Apple Slices

WEEK 4

25

Turkey Hot Dog on a Bun
Shredded Cheese Cup
Mayo/Mustard/Catsup
Crispy Crinkle French Fries
Steamed Corn
Orange Wedges
Fresh Fruit Cup

26

BBQ Chicken
Mashed Potatoes with Gravy
Steamed Green Beans
Baked Beans
Whole Wheat Roll
Peach Slices
Banana

27

Beef/Turkey Nachos
with Cheese
Whole Grain Tortilla Chips
Mexican Style Beans
Lettuce/Tomato Cup
Pear Halves
Fresh Grapes

28

Chicken & Sausage Gumbo
with Steamed Rice
Vegetable Melody
Seasoned Mustard Greens
Saltine Crackers
Pineapple Rings & Cherry
Banana

