



Menu

Lunch Menu for February 11 - 15

Howland Middle School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Signature	Roast Turkey, Mashed Potatoes with Gravy and Green Beans	"Taco Tuesday" Ground Beef, Brown Rice, Cheese, Salsa, Sour Cream and Black Beans	Lasagna with Broccoli and a Breadstick	"Tiger Bowl" Popcorn Chicken, Mashed Potatoes with Gravy and Sweet Corn	No School
Grill	Cheeseburger Spicy Chicken Strips	Cheeseburger Crispy Chicken Sandwich	Cheeseburger BBQ Pork Sandwich	Cheeseburger Grilled Cheese Sandwich	No School
Pizza	Cheese Pizza Pepperoni Pizza	Cheese Pizza Flying Pig Pizza	Cheese Pizza Pepperoni Pizza	Cheese Pizza Meat Lovers Pizza	No School
Deli	<p align="center">Made-to-Order Deli Assorted Breads and Wraps Meat: Smoked Ham, Oven Roasted Turkey, Salami Cheese: Provolone, Cheddar, American Garnishes: Lettuce, Tomato, Pickles, Red Onion, Jalapeños, Banana Pepper, Black Olives Spreads and more: Yellow Mustard, Mayo, Ranch, Italian Dressing, Salt and Black Pepper Potato Chips</p>				

<p>Combo</p> <p>Includes: Choice of one entrée, two servings of fruits or vegetables, one grain or bread and one low-fat milk</p>	<p>Nutritional Targets</p> <p>Calories: 800, Iron: 4.5 mg, Calcium: 400 mg, Vitamin A: 1500 IU, Vitamin C: 19.18 mg, Protein: 16.7 g, Total Fat Less Than 30%, Saturated Fat Less Than 10%</p>
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Please discuss any food allergy issues concerning your child with the Food Service Director.

This is an equal opportunity provider.

