



# Menu

Lunch Menu for February 18 - 22		Howland Middle School			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Signature</b>	No School	No School	Chili with Cheddar Cheese, Potato Wedges and Cornbread	Pasta and Meatballs, Parmesan Broccoli and Dinner Roll	"Breakfast for Lunch" Scrambled Eggs, French Toast Sticks and Sausage Links
<b>Grill</b>	No School	No School	Cheeseburger  BBQ Pork Sandwich	Cheeseburger  Grilled Cheese Sandwich	Cheeseburger  Spicy Chicken Sandwich
<b>Pizza</b>	No School	No School	Cheese Pizza  Pepperoni Pizza	Cheese Pizza  Meat Lovers Pizza	Cheese Pizza  Pepperoni Pizza
<b>Deli</b>	<p><b>Made-to-Order Deli</b>            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><b>Combo</b></p> <p>Includes: Choice of one entrée, two servings of fruits or vegetables, one grain or bread and one low-fat milk</p>	<p><b>Nutritional Targets</b></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.

