



# Menu

Lunch Menu for February 26 – March 1			Howland Middle School		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Signature</b>	Lasagna with Broccoli Breadstick	“Taco Tuesday” Ground Beef, Brown Rice, Cheese, Salsa, Sour Cream and Black Beans	Local Howland Pizza Fresh Mixed Green	“Tiger Bowl” Chicken Bites, Mashed Potatoes, Gravy, Corn and Cheddar Cheese	Chicken Alfredo with Pasta, Broccoli and a Garlic Roll
<b>Grill</b>	Cheeseburger	Crispy Chicken Sandwich	Cheeseburger	Crispy Chicken Sandwich	Cheeseburger
<b>Pizza</b>	Pepperoni Pizza	Cheese Pizza	Pizza Beagles	Cheese Pizza	Cheese Pizza
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<b>Combo</b>	<b>Nutritional Targets</b>
Includes: Choice of one entrée, two servings of fruits or vegetables, one grain or bread and one low-fat milk	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%

Please discuss any food allergy issues concerning your child with the Food Service Director.

This is an equal opportunity provider.

