



# Menu

Lunch Menu for February 4 - 8			North Road Elementary		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Signature</b>	Roasted Chicken Parmesan, Mashed Potatoes, Gravy and Sweet Corn	"Taco Tuesday" Ground Beef, Brown Rice, Cheese, Salsa, Sour Cream and Black Beans	Local Howland Pizza	Pasta Bowl with Marinara Sauce and Meatballs with Fresh Veggies	"Inside Out" Grilled Cheese Sandwich with Tater Tots or Tomato Soup
<b>Grill</b>	Cheeseburger	Crispy Chicken Sandwich	Cheeseburger	Crispy Chicken Sandwich	Cheeseburger
<b>Pizza</b>	Cheese Pizza	Pepperoni Pizza	Pizza Beagles	Cheese Pizza	Pepperoni Pizza

<b>Combo</b> Includes: Choice of one entrée, two servings of fruits or vegetables, one grain or bread and one low-fat milk	<b>Nutritional Targets</b> 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%
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Please discuss any food allergy issues concerning your child with the Food Service Director.

This is an equal opportunity provider.

