



# Menu

Lunch Menu for February 18-22		North Road Elementary				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Signature</b>	No School	No School	Local Howland Pizza Fresh Mixed Green	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	BBQ Pork Sandwich	Cheeseburger	Spicy Chicken Sandwich	
<b>Pizza</b>	No School	No School	Pizza Beagles	Cheese Pizza	Pepperoni Pizza	

<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.

