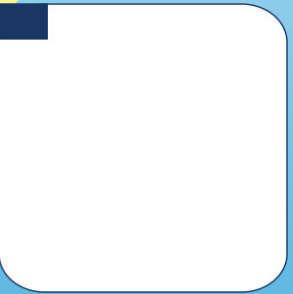




# Mount Prospect Lunch Menu

February 2019



**1 Super Bowl Celebration**  
 Beef or Cheese\* (D)  
 Nachos OR Charro Beans over WG Rice\*  
 Fresh Red Pepper Strips  
 Mandarin Oranges in Juice

**4**  
 Mac and Cheese\* (GD) with Corn Bread (GED) OR Campfire Beans over WG Rice\*  
 Coleslaw (ED)  
 Apricot Halves in Juice

**5**  
 Popcorn Chicken (G) with Vegetable Lo Mein (G) OR Charro Black Beans over WG Rice\*  
 Fresh Red Pepper Strips  
 Diced Pears in Juice

**6**  
 All Beef Hot Dog on a Bun (G) OR Kickin' Pinto Beans over WG Rice\*  
 Baked French Fries  
 Fresh Apple

**7**  
 Mini Waffles\* (GED) with Chicken Sausage OR BBQ Black Beans over WG Rice\*  
 Baked Tater Tots  
 Applesauce

**8**  
 Rotini Pasta (G) with Meat Sauce or Marinara\* Sauce with WG Dinner Roll (G) OR Charro Beans over WG Rice\*  
 Steamed Corn  
 Fruit Cup in Juice

**11**  
 Mini Pancakes\* (GED) with Scrambled Eggs (E) OR Campfire Beans over WG Rice\*  
 Hash Brown  
 Raisins

**12**  
 Penne Alfredo with Chicken (GD) OR Charro Black Beans over WG Rice\*  
 Roasted Carrots  
 Fresh Grapes

**13**  
 Chicken Nuggets (G) with Garlic Toast (GD) OR Kickin' Pinto Beans over WG Rice\*  
 Sweet Potato Tots  
 Fresh Banana

**14**  
 Breaded Chicken Drumstick (G) with Whole Grain Dinner Roll (G) OR BBQ Black Beans over WG Rice\*  
 Fresh Tomato Wedges  
 Fresh Orange

**15**  
 Pizza Sticks\* (GD) with Marinara Sauce OR Charro Beans over WG Rice\*  
 Fresh Cucumber Slices  
 Mandarin Oranges in Juice

**18**  
**Mid-Winter Recess School Closed**

**19**  
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**20**  
 Cheese\* or Chicken Nachos (GD) OR Kickin' Pinto Beans over WG Rice\*  
 French Fries  
 Diced Peaches in Juice

**21**  
 Cheesy Baked Penne\* (GD) OR BBQ Black Beans over WG Rice\*  
 Fresh Broccoli  
 Pineapple Tidbits in Juice

**22**  
 Mozzarella Sticks\* (GD) with Marinara Sauce OR Charro Beans over WG Rice\*  
 Steamed Corn  
 Apricot Halves in Juice

**25**  
 Grilled Cheese (GD) with Tomato Soup OR Campfire Beans over WG Rice\*  
 Fresh Baby Carrots  
 Apricot Halves in Juice

**26**  
 Chicken Parm (GD) over Spaghetti (G) OR Charro Black Beans over WG Rice\*  
 Red Pepper Strips  
 Diced Pears in Juice

**27**  
 Chicken Tenders (G) with Garlic Toast (GD) OR Kickin' Pinto Beans over WG Rice\*  
 Fresh Zucchini Slices  
 Fresh Apple

**28 Ace Giveaway Day**  
 Bacon Egg and Cheese Biscuit (GED) OR BBQ Black Beans over WG Rice\*  
 Baked French Fries  
 Applesauce

**Allergen Key**  
 G – Gluten  
 E – Egg  
 D – Dairy  
 \*Vegetarian Options\*

**More info...Meatless Mondays!**  
 Lunch Price \$2.60  
 Must purchase at least 1 fruit **or** 1 vegetable **and** 2 other food groups, otherwise, a la carte pricing applies. Qualifying lunches include milk, 4oz Juice or 8 oz. water.

**Daily Options... Hummus available Daily**  
 Cheese or Pepperoni Pizza, Spicy or Plain Chicken Patty, Hamburger or Cheeseburger, and Veggie Burgers. Assorted Fresh Fruit and Vegetables.  
**For lunch related information Visit:**  
<http://bernards.schooldish.com>