

# Guilford Elementary Lunch Menu

**Health • e**  
**LIVING**



# February 2019

## In Season Broccoli

Broccoli shares cancer fighting, immune boosting properties.

Broccoli contains high levels of both calcium and vitamin k, both of which are important for bone health and prevention of osteoporosis



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Assorted Pizzas **1**  
Romaine & Spinach Salad  
Assorted Sandwiches

Alfredo Rotini w/ **4**  
Cheesy Breadstick  
Roasted Broccoli  
Bologna Sandwich

Soft Shell Taco **5**  
W/ Lettuce & Cheese  
Rice & Corn  
Egg Salad Sandwich

Chicken Patty on **6**  
a Bun  
Macaroni Salad  
Carrot Coins  
Ham & Cheese Sand

Hamburger/  
Cheeseburger w/ bun **7**  
Seasoned Potato  
Wedges  
Turkey & Cheese  
Sand

Assorted Pizzas **8**  
Romaine & Spinach  
Salad  
Assorted  
Sandwiches

**11**  
Macaroni & Cheese  
WG Roll  
Carrots  
Bologna Sandwich

**12**  
BBQ Chicken Sub  
Side of Pasta  
Roasted Broccoli  
Egg Salad Sandwich

Popcorn Chicken **13**  
Mashed potatoes and  
Gravy & Corn  
WG Roll  
Ham & Cheese Sand

**14**  
Rotini w/ Meat Sauce  
WG Roll  
Green Beans  
Turkey & Cheese  
Sandwich

**15**  
Assorted Pizzas  
Romaine & Spinach  
Salad  
Assorted Sandwiches



**19**  
No School  
Presidents' Day  
Recess

**20**  
Read a book!

**21**  
Go for a walk!

**22**

**25**  
French Toast Sticks  
Orange Roasted  
Carrots  
Scrambled eggs  
Bologna Sandwich

**26**  
Nachos w/meat  
& Cheese  
Corn  
Egg Salad Sandwich

**27**  
Crunchy Chicken  
Tenders  
Cheesy Rice  
Green Beans  
Ham & Cheese Sand

**28**  
1/2 Day of School  
Bagged lunch  
(Assorted Sandwiches  
Chips, carrots, fruit  
and Milk)



## Announcements

**Available Daily:**  
Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day  
May Choose up to two (2)  
**NY Milk Choices:**  
1% White, Skim White  
Skim Chocolate  
**Daily Choices:**  
PB&J Sandwich  
NY Yogurt Plate

## Meal Prices

**Breakfast and Lunch will be served at NO COST to Grades Pre-K thru 6<sup>th</sup> For the 18/19 school year!**  
  
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