


Palouse Prairie Lunch Menu

February 2019



February is American Heart Health Month!

Monday		Tuesday		Wednesday		Thursday		Friday			
Celebrate healthy and delicious eating with these fun food celebrations in February: Global Pulse Day- Feb 10 (pulses are dry peas, beans, lentils, chickpeas) * National Strawberry Day- Feb 27 * National Chili Day- Feb 21 * Celebrate Chinese New Year's this month with Tangerine Chicken + fortune cookies! Find out more about school meals and share your ideas at www.msd281.org/meals										1	
								Pizza Cheese Pull Apart Green Beans Chilled Fruit Milk choices			
4		5		6		7		8			
Chicken Nuggets Sweet Potato Fries Fresh Fruit Milk choices		Chicken Patty Sandwiches Baked Beans Fresh Vegetables Oranges Milk choices		Very Berry Salad Bar Cheese breadstick Chilled Pears Milk Choices		Fish Sticks Twisted Baked Potato Chilled Peaches Milk choices		Cheese Pizza Steamed Broccoli Fresh Fruit Milk choices			
11		12		13		14		15			
French Toast Sticks Seasoned Potatoes Cucumber slices Applesauce Milk choices		Hamburger or cheeseburger w/ Lettuce + pickles Apple slices Carrot sticks Milk choices		Taco Salad Bar Bean Dip + Salsa Tortilla Chips Fresh Fruit Milk Choices		Pizza Bread Stick Steamed Winter Blend Vegetables (broccoli and cauliflower) Fresh Fruit Frosted Cookie Milk choices		No School Today			
18		19		20		21		22			
No School Today 		Turkey + Cheese Sandwich SunChips Carrot Sticks Chilled Fruit Milk choices		Chef Salad Bar Breadstick Oranges Milk choices		Chicken Drumstick Steamed Vegetables Fresh baked roll Fruit Cocktail Milk choices		Hotdog (turkey) on bun Mashed potatoes Apples Milk choices			
25		26		27		28		Food Trivia What is the other name for Chinese Gooseberries? Find out at www.msd281.org/meals			
Corndog Nuggets Twisted Baked Potato Strawberry cups Milk choices		Tangerine Chicken with brown rice Steamed broccoli Kiwi Fortune cookie Milk choices		Gyro Salad Bar Fresh Fruit Milk choices		Grilled Cheese Sandwich+ Tomato Soup Gobonzos It's a Pizza Chilled Fruit Milk choices					
Average		Weekly Target		% of Target		Average		Weekly Target			
Calories 630		600-700		100		Saturated Fat 5.39g		< 10.00 %			
Sodium 1060 mg		< 1230 mg						7.8%			

This institution is an equal opportunity provider.

Menus are subject to change based on product availability. A vegetarian option is available every day please contact Student Nutrition for more information. The alternative to the main entrée item is a peanut butter sandwich and yogurt.

Sausage on the menu: Turkey breakfast sausage is available instead of pork sausage. The sausage on the pizza is a chicken/beef blend.