

# 21st Century Charter High School February 2019 9-12 LunchSmart Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Spotlight Fruit of the Week:</b> Bananas			<b>February is American Heart Month</b>		<b>February 1 Lasagna Roll-Up* &amp; Garlic Bread*</b> Capri Blend Veggies Honey Oat Goldfish Cracker* Pears
<b>Spotlight Fruit of the Week:</b> Fresh Pears	<b>February 4 Oven-"Fried" Chicken Drumstick* &amp; Breadstick*</b> Kettle-Baked Beans Corn Snickerdoodle Cookie* Peaches	<b>February 5 Meatball Sub* with Marinara &amp; Mozzarella</b> California Blend Veggies Pretzels* Mixed Fruit	<b>February 6 Bosco Stick* with Marinara Dipping Sauce</b> Green Beans Pineapple	<b>February 7 Chili Con Carne with Mini Cornbread Loaf*</b> Baked Potato with Sour Cream Cheddar Goldfish Crackers* Applesauce	<b>February 8 Teriyaki Chicken</b> Brown Rice* Sliced Carrots Honey Oat Goldfish Cracker* Pears
<b>Spotlight Fruit of the Week:</b> Grapes	<b>February 11 Popcorn Chicken Bowl with Mashed Potatoes &amp; Corn* &amp; Honey Wheat Dinner Roll*</b> Rice Krispies Treat* Peaches	<b>February 12 All-Beef Hot Dog on a Bun*</b> Kettle-Baked Beans Oven-Baked Spiral-Cut French Fries M&M Cookie* Mixed Fruit	<b>February 13 Orange Chicken</b> Brown Rice* Sliced Carrots Pineapple	<b>February 14 Rotini* with Turkey Meatballs, Homemade Marinara Sauce &amp; Garlic Bread*</b> Broccoli Florets Applesauce	<b>February 15 Obama's Turkey Chili with Mini Cornbread Loaf*</b> Oven-Baked Sweet Potato Waffle Fries California Blend Veggies President Snacks* Pears
<b>Spotlight Fruit of the Week:</b> Bananas	<b>February 18 Chicken Tenders* with BBQ Dipping Sauce &amp; Breadstick*</b> Corn Rice Krispies Treat* Peaches  Presidents' Day	<b>February 19 Chicken &amp; Penne Pasta* with Homemade Alfredo Sauce with Garlic Bread*</b> Broccoli Florets Mixed Fruit	<b>February 20 Chicken Caesar Wrap*</b> Black Beans Sliced Carrots Pineapple	<b>February 21 Western Burger on a Bun*</b> Cowboy Caviar (marinated black bean & corn salad) Corn on the Cob Celery Sticks Snickerdoodle Cookie* Applesauce	<b>February 22 Toasted Cheese Sandwich* with Tomato Soup &amp; Cheddar Goldfish Crackers*</b> Green Beans Pears
<b>Spotlight Fruit of the Week:</b> Fresh Pears	<b>February 25 Chicken Parmesan Sandwich on a Bun*</b> California Blend Veggies Honey Oat Goldfish Cracker* Peaches	<b>February 26 Beef Burrito Bowl* with Black Beans, Corn, Garnish Cup &amp; Salsa</b> Mixed Fruit	<b>February 27 Beef Sloppy Joe on a Bun*</b> Baby Carrots Pineapple	<b>February 28 Handcrafted Mac &amp; Cheese* with Honey Wheat Dinner Roll*</b> Green Peas Applesauce	



**Available Each Day: Salad, Fresh Fruit, Sunbutter & Jelly Sandwich\* with Yogurt Cup, Milk (1% & Skim White Plus Fat-Free Chocolate)**

### Additional Fresh Entrées Offered Daily

**Monday** – All-American Cheeseburger on a Bun\*

**Tuesday** – Chicken Nuggets\* with Twisted Breadstick\* & BBQ Dipping Sauce

**Wednesday** – Super Nachos\* & Salsa\*

**Thursday** – Breaded Chicken Sandwich\*

**Friday** – Pizza\* (pepperoni French bread, cheese personal pan, and Big Daddy's cheesy pizza rotate each week)

*\*=Item contains whole grains / ^=Item contains pork / L=Locally sourced  
Milk served with lunch contains no artificial growth hormones or antibiotics  
Menu is subject to change based on availability and quality of food items*

### Color Me Green

Green is a beautiful color that represents renewal and the environment. This month, we are focusing on the benefits of eating green fruits and vegetables. Green produce promotes vision health, supports strong bones and teeth, and helps to lower your risk of some cancers. Green fruits and vegetables are colored by chlorophyll, a natural plant pigment. Have you tried any of these green veggies or fruits: broccoli, zucchini, lettuce, celery, spinach, green grapes or green pears?

The **Culinary Explorations** travel group has reached the midpoint of our Route 66 journey in **Adrian, Texas!** We will celebrate this milestone with a Lone Star lunch that includes a lip-smacking Western burger and our version of "cowboy caviar." Did you know that Texan Fletcher Davis, of Athens, claimed to have invented the modern hamburger at his restaurant in the 1880s?

