

Mast Way & Moharimet February

2018



Cabbage is a member of the Brassicaceae family, which also includes broccoli, Brussels sprouts, cauliflower, and kale. Its ability to tolerate cold temperatures led to the spread of its cultivation across Europe. This vegetable ranges in color from yellow-green to red-purple, and also comes in wrinkly-leaved varieties.

<p>Lunch Prices: \$2.65 Reduced: .40 Adults: \$4.50 This institution is an equal opportunity provider</p>	<p>Daily alternate entrees: Chef Salad, Turkey or Ham & Cheese, Yogurt Plate. Garden bar, all fruits, vegs and milk are included with all meals</p>	<p>Apply online for free or reduced priced meals at www.lunchapp.com</p>	<p>1 CHEESEBURGER, HAMBURGER or VEGGIE BURGER on A BUN GARDEN BAR CHOICES FRESH GRAPES</p>	<p>2 WHOLE GRAIN PIZZA VARIETY CRUNCHY VEGGIE STICKS With HOMEMADE HUMMUS GARDEN BAR CHOICES FRUIT CHOICE</p>
<p>5 CHEESE STEAK SUB CREAMY COLESLAW GARDEN BAR CHOICES MIXED FRUIT</p>	<p>6 PINEAPPLE CHICKEN STIR FRIED RICE GARDEN BAR CHOICES FORTUNE COOKIE MANDARIN ORANGES</p>	<p>7 PULLED PORK on a BUN HOMEMADE PASTA SALAD SALAD GARDEN BAR CHOICES FRESH LOCAL APPLE</p>	<p>8 HOMEMADE BEEF STEW WARM BISCUIT GARDEN BAR CHOICES SEASONED CORN CHILLED PEACHES</p>	<p>9 FRENCH BREAD WHITE PIZZA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</p>
<p>12 <u>Meatless Monday</u> CHEESE RAVIOLI GARLIC BREADSTICK GARDEN BAR CHOICES RED, WHITE & BLUE FRUIT CUP</p>	<p>13 BBQ CHICKEN HOMEMADE CORNBREAD GARDEN BAR CHOICES CHILLED PEARS</p>	<p>14 SLOPPY JOE SLIDERS GARBANZO & RED CABBAGE SALAD GARDEN BAR CHOICES PINEAPPLE CHUNKS</p>	<p>15 CHICKEN PHILLY MASHED POTATO BOWL STEAMY PEAS GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>16 WHOLE GRAIN PIZZA VARIETY SWEET POTATO FRIES GARDEN BAR CHOICES FRESH LOCAL APPLE</p>
<p>19 <u>BRUNCH FOR LUNCH</u> FRENCH TOAST STICKS MINI YOGURT PARFAIT ROASTED RED POTATOES GARDEN BAR CHOICES SWEET STRAWBERRIES</p>	<p>20 <u>Top Your Own Taco</u> SEASONED CHICKEN, LETTUCE, CHEESE, TOMATO, SOFT or HARD SHELL & MORE, GARDEN BAR, SPANISH RICE, BLACK BEANS, PEACHES</p>	<p>21 BAKED SALMON with LEMON SAUCE, MASHED POTATO STEAMY BROCCOLI GARDEN BAR CHOICES SLICED PEARS</p>	<p>22 SHEPHERDS PIE WHOLE WHEAT ROLL STUFFED CABBAGE ROLLS GARDEN BAR CHOICES FRESH CANTALOUPE</p>	<p>23 WHOLE GRAIN PIZZA VARIETY CRISP CUCUMBER SLICES GARDEN BAR CHOICES FRUIT SALAD</p>
<p>26 Winter Recess No School</p>	<p>27 Winter Recess No School</p>	<p>28 Winter Recess No School</p>	<p>Mar 1 Winter Recess No School</p>	<p>Mar 2 Winter Recess No School</p>