



FEBRUARY | 2018

CHATTANOOGA GIRLS LEADERSHIP ACADEMY LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Tuna Salad Sandwich Seasoned Green Peas Baby Carrots Whole Grain Sunchips Choice of Banana and Raisins Choice of Milk	2 Whole Grain Grilled Cheese Marinara Sauce cup Steamed Broccoli Celery Sticks Choice of Apple and Banana Choice of Milk
5 Spicy Chicken Sandwich on Whole Grain Bun Sliced Tomato Spring Mix Crinkle Cut Fries Choice of Grapes and Banana Choice of Milk	6 Taco Salad with Tortilla Chips Romaine Lettuce Diced Tomato Diced Green Pepper Black Olives Choice of Banana and Orange Choice of Milk	7 Hamburger on Whole Grain Bun Spring Mix Baked Beans Celery Sticks Choice of Apple and Banana Choice of Milk	8 Turkey and Cheese Wrap on Whole Grain Tortilla Whole grain Goldfish Graham Fresh Broccoli and Carrots Cucumber Stick Choice of Banana and Raisins Choice of Milk	9 Whole Grain Personal Pizza Spring Mix Diced Mushrooms Shredded Carrots Choice of Pear and Banana Choice of Milk
12 Whole Grain Chicken Quesadilla Shredded Carrots Diced Tomato Black Olives Sliced Cucumber Choice of Banana and Raisins Choice of Milk	13 Whole Grain Breaded Mozzarella Sticks Marinara Sauce Cup Steamed Broccoli Black Beans Choice of Orange and Banana Choice of Milk	14 Pork Chop Whole Grain Roll Romaine Lettuce Shredded Carrots Diced Green Peppers Choice of Banana and Craisins Choice of Milk	15 Whole Grain Breaded Chicken Nuggets Whole Grain Cheez-its Broccoli Salad Baked Beans Choice of Apple and Banana Choice of Milk	16 Whole Grain Crusted Alaskan Polluck Whole Grain Roll Romaine Lettuce Shredded Carrots Diced Tomato Choice of Banana and Raisins Choice of Milk
19 Whole Grain Burritos Shredded Carrots Diced Tomato Black Olives Slice Cucumber Choice of Apple and Raisins Choice of Milk	20 BBQ Pork Sandwich Romaine Lettuce Diced Green Peppers Shredded Carrots Baked Beans Choice of Apple and Banana Choice of Milk	21 Salisbury Steak Whole Grain Roll Steamed Broccoli Buttered Beans Choice of Banana and Raisins Choice of Milk	22 Meatball Sub Marinara Sauce Steamed Cauliflower Celery Sticks Choice of Orange and Banana Choice of Milk	23 Mozzarella Cheese Stick Whole Grain Graham Cracker Broccoli Salad Black Beans Choice of Apple and Banana Choice of Milk
26 Build Your Own Shaker Salad Whole Grain Roll Choice of Apple and Craisins Whole Grain Graham Cracker Choice of Milk	27 Whole Grain Breaded Fish Sticks Baked Beans Broccoli Salad Choice of Banana and Raisins Choice of Milk	28 Whole Grain Cheese Quesadilla Shredded Carrots Diced Tomato Black Olives Sliced Cucumber Choice of Banana and Raisins Choice of Milk		

All Menu Items Subject to change upon availability

News

Lunch Includes

- **Choice of 1 Entrée (includes meat/meat alternative & grain)**
- **Choice of up to 2 vegetable ***
- **Choice of up to 2 fruits ***
- **Choice of Low-Fat, Fat-Free, or Lactose-Free Milk**

***A lunch must include 1/2 cup of fruit or vegetable and 2 full other components**

***Middle school students receive a maximum of 1 fruit with their lunch**

Other Daily Lunch Entrée Options:

>Soy Butter and Jam Sandwich with Mozzarella Cheese Stick and Whole Grain Animal Crackers

>Yogurt and Whole Grain Granola with Sun Butter Cup and Whole Grain Goldfish Graham Cracker

This institution is an equal opportunity provider