



February 2019

HEALTHY · *Beautiful* · DELICIOUS
 NFSSSE'S CULINARY ARTS PROGRAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Shrimp & Avocado Wrap, & Fresh Fruit	2 *Menu Items Subject to Change Based on Availability
3 * Gluten Free * Dairy Free * Gluten & Dairy	4 Spaghetti & Meatballs Garlic Bread Caesar Salad	5 Chicken Fajitas Red Rice & Black Beans Guacamole, Sour Cream, Pico de Gallo	6 Pork Tenderloin Porchetta, Garlic Parmesan Potatoes & Butternut Squash, Spinach Salad	7 Chili-Glazed Chicken, Jasmine Rice, Stir-Fry Broccoli	8 Pork Tenderloin & Goat Cheese, Sundried Tomato Wrap, Fresh Fruit	9
10 * Gluten & Dairy Free Alternatives	14 White Chicken Chili Ranch BLT Salad Cornbread	15 Lasagna with Meat Sauce, Garlic Bread, & Salad	16 Goat Cheese Crusted Salmon, Brown Rice Pilaf	17 Meatloaf, Mashed Potatoes, Winter Spinach Salad	18 Buffalo Chicken Wrap, Fresh Fruit	16
17	18 Meatball Sub & Chopped Italian Salad	19 Sloppy Joes Sweet Potato Wedges House Pickles	20 Penne Pasta with Sundried Tomatoes, Broccoli in Cream Sauce	21 Burger Night Cheeseburger Wellington Broccoli Salad	22 Southwest Chicken Wrap, Fresh Fruit	23
24	25 Chili con Carne Salad Corn Tortilla Chips	26 Fish Tacos Rice & Beans Lime Cilantro Slaw	27 5:00—6:30pm Family Night	28 Garlic Shrimp Linguine Tossed Salad		