

# FEBRUARY 2019

## Wethersfield Lunch Menu

Choose three or more of the five with one being a 1/2c fruit or vegetable or combo. 1. Meat/meat alternate 2. Vegetable 3. Fruit. 4. Whole Grains 5. Milk

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### DID YOU KNOW...

THE ROMAN MONTH FEBRUARIUS WAS NAMED AFTER THE LATIN TERM FEBRUUM, WHICH MEANS PURIFICATION, VIA THE PURIFICATION RITUAL FEBRUA HELD ON FEBRUARY 15 (FULL MOON) IN THE OLD LUNAR ROMAN CALENDAR.

4

Early Dismissal 11:15am

No Lunch

Beet Sticks will be on the salad bar menu this month.

11

Chicken Sticks  
Tri Tater  
Salad Bar w/ variety of Vegetables & Fruits  
\*Pears \* 9-12  
Blueberry Muffin  
Milk

18

No School

Beets are highly nutritious and "cardiovascular health" friendly root vegetables.

25

Crispito  
Salad Bar w/ a variety of Vegetables & Fruits.  
Side Kicks Fruit Smoothie  
\*\*GoldFish Crackers \*\*6-12  
\*Pears \* Grades 9-12  
Milk

5

Macaroni & Cheese  
Fish Sticks or Filet  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Sun Chips Mix \* 9-12  
\*Pears \* grades 9-12  
Milk

12

Taco Salad  
Refried Beans  
Salad Bar w/ a variety of Vegetables & Fruits.  
Tortilla Chips  
\*Peaches \* Grades 9-12  
Milk

19

Ham & Cheese on Crossiant  
Tomato Soup  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Applesauce \* 9-12  
Goldfish Crackers  
Milk

6

Chicken & Waffle Day  
Chicken Nugget  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Mandarin Oranges \* 9-12  
Mini Waffles  
Milk

13

Golden Crispy Boneless Wings  
Dipping Sauces  
Baked Potato  
Salad Bar w/ variety of Vegetables & Fruits.  
\*Apple Sauce \* 9-12  
Dinner Roll  
Milk

20

Spaghetti w/ meatsauce  
Salad Bar w/ a variety of Vegetables & Fruits.  
Apple Slice \*grades 9-12  
Bosco Stick  
Milk

7

Popcorn Chicken  
Sweet & Sour Sauce  
Stir Fry Vegetables  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Pineapple \* grades 9-12  
Whole Grain Rice  
Milk

14

Pizza Hut Cheese or (Sausage Pizza)( 6-12)  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Orange Slices\* Grades 9-12  
Valentine Heart Cookie  
Milk

21

Personal Size Cheese Pizza  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Mixed Fruit \*grades 9-12  
\*Chex Mix \*grades 9-12  
Milk

8

Fiesta Pizza  
Salad Bar w/ a variety of Vegetables & Fruits.  
SideKicks Fruit Smoothie  
\*Mixed Fruit \* Grades 9-12  
Milk

15

Chicken Patty on Bun  
Salad Bar w/ variety of Vegetables & Fruits  
\*Mixed Fruit \*grades 9-12  
Milk

22

Fill Your Sack Lunch Day!  
Mini Turkey Sub on Bun  
Carroteenies  
Celery Sticks  
Apple or Orange K-8  
\*Apple and Orange \* 9-12  
Variety of Doritos  
Rice Krispie Treat  
Milk  
No Salad Bar

28

Cheesy Garlic Bread w/ Dipping Sauce  
Salad Bar w/ a variety of Vegetables & Fruits  
\*\*Sun Chip Mix \*\* 6-12  
\*Pears \* grades 9-12  
Milk

27

Popcorn Chicken  
Sweet & Sour Sauce  
Stir Fry Vegetables  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Pineapple \* grades 9-12  
Whole Grain Rice  
Milk

26

Mini Turkey Corn Dog or Corn Dog on a Stick (6-12)  
\*Granola Bar \* 9-12  
Twister Fries  
Salad Bar w/ a variety of Vegetables & Fruits.  
\*Pears \* grades 9-12  
Milk

### Harvest of the Month:

#### Beets

#### Salad Bar

Grades K-12

9-12 can choose up to 6 different items from salad bar plus their additional 1/2c fruit.

\*K-8 can choose up to 5 different items from salad bar.

\*Two height sizes of salad bars.

\*Most items are 1/4c servings

\*Vegetables & Fruits.

\*Salad Bar is included with your hot lunch meal at no extra cost

We offer 1% unflavored milk and fat free (chocolate or strawberry) flavored milk daily included with the hot lunch tray or can be purchased a la carte. **Milk is a local item!**

**All grains offered are whole grain rich**

**All menus are subjected to change.**

\* This symbol indicates grades 9-12 other menued items that are required. Item is underlined

Extra Grains or meat alternates are offered to grades 9-12 or 6-8 to meet their requirements on selected days.

\*\* This symbol indicates this will be offered to grades 6-8 to meet grain or meat requirements .

Grades 9-12 \$2.65

Grades 6-8 \$2.55

Grades K-5 \$2.40

Extra Milk .65

This institute is an equal opportunity provider.