

Arkansas School for the Blind—Lunch Menu for Grades 9-12

Students must take 1/2 cup fruit or 1/2 cup vegetable plus two other items; menu items are subject to change due to availability of stock. The USDA and the Arkansas School for the Blind are equal opportunity providers and employers.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

February 2018



1
Fresh Fruit, Vegetable, Grain, and Entrée Bar
Hamburger, Cheeseburger, or Turkey Burger
Crispy Fries
Lettuce/Tomato/Pickles/Onions
Colorful Orange Smiles

Milk/Koolade

4
Fresh Fruit, Vegetable, Grain, and Entrée Bar
Savory Grilled Fish or Salisbury Steak
Homestyle Mashed Potatoes
Seasoned Mixed Vegetables
Whole Grain Roll
Banana Pudding

Milk

5
Fresh Fruit, Vegetable, Grain, and Entrée Bar
Salmon Croquette or Leo's Chicken Club Sandwich
Crispy Fries
Zesty Red Bell Pepper Strips
Assorted Relishes
Chilled Grapes
Whole Grain Cookie

Milk

6
Fresh Fruit, Vegetable, Grain, and Entrée Bar
Spaghetti with Meat Sauce or Chicken Alfredo
Refreshing Romaine Lettuce and Tomato Salad
Seasoned Green Beans
Whole Grain Italian Breadstick
Nature-Sweet Honeydew Melon

Milk

7—Braille Challenge Day
Fresh Fruit, Vegetable, Grain, and Entrée Bar
Grilled Hot Dog or Polish Sausage or Leo's PBJ
Spicy Baked Beans
Chips
Chilled White Grapes
Ice Cream

Milk

8
Fresh Fruit, Vegetable, Grain, and Entrée Bar
Beef or Chicken Nachos with Cheese
Fresh Diced Tomatoes/Shredded Lettuce
Hearty Refried Beans
Warming Cinnamon Apples

Milk

11
Fresh Fruit, Vegetable, Grain, and Entrée Bar
Homemade Beef or Vegetable Lasagna
Seasoned Green Beans and Pimento
Whole Grain Italian Breadstick
Chilled Pineapple Chunks

Milk

12
Fresh Fruit, Vegetable, Grain, and Entrée Bar
Crisp Bacon Slices
Fluffy Scrambled Eggs
Golden Hashbrowns
Flavorful Sautéed Spinach
Variety Cereal and Whole Grain Toast

Milk/Chilled Grape Juice

13
Fresh Fruit, Vegetable, Grain, and Entrée Bar
Frito Chili Pie or Leo's Chef Salad
Sunny Corn on the Cob
Creamy Coleslaw
Juicy Strawberries and Pineapple Chunks

Milk

14
Fresh Fruit, Vegetable, Grain, and Entrée Bar
Assorted Pizza
Crispy Fries
Assorted Relishes
Chocolate Covered Strawberries

Milk

15
Fresh Fruit, Vegetable, Grain, and Entrée Bar
Submarine Sandwich
Chips
Lettuce/Tomato/Pickles/Onion
Cookie

Milk

18

CLOSED

19
Fresh Fruit, Vegetable, Grain, and Entrée Bar
Savory Meatloaf or Leo's Southwest Salad
Hearty Steamed Broccoli
Seasoned Carrots
Exotic Rice Pilaf
Tasty Apricots

Milk/Chilled Apple Juice

20
Fresh Fruit, Vegetable, Grain, and Entrée Bar
Fried or Baked Chicken
Creamy Mashed Potatoes
Hearty Blackeyed Peas
Seasoned Turnip Greens
Whole Grain Cornbread
Chilled Pineapple Chunks

Milk

21
Fresh Fruit, Vegetable, Grain, and Entrée Bar
Grilled Fish or Leo's Roast Beef Sandwich
Crispy Tator Tots
Homestyle Coleslaw
Whole Grain Bread Slice or Hushpuppy
Juicy Grapes

Milk

22
Fresh Fruit, Vegetable, Grain, and Entrée Bar
Hamburger, Cheeseburger, or Turkey Burger
Lettuce/Tomato/Pickles/Onions
Whole Grain Chips
Chilled Rosy Applesauce

Milk

25
Fresh Fruit, Vegetable, Grain, and Entrée Bar
Chicken Nuggets or Leo's Spring Salad with Chicken
Creamy Macaroni and Cheese
Tender Green Peas
Whole Grain Roll
Candied Maraschino Cherries

Milk

26
Fresh Fruit, Vegetable, Grain, and Entrée Bar

Cook's Choice

Milk

27
Fresh Fruit, Vegetable, Grain, and Entrée Bar
Crispy Fried Fish or Leo's Sloppy Joe
Crispy Potato Fries
Homestyle Coleslaw
Hearty Hushpuppies
Chilled Grapes
Whole Grain Cookie

Milk

28
Fresh Fruit, Vegetable, Grain, and Entrée Bar
Chicken Spaghetti
Cool Romaine Lettuce and Tomato Salad
Seasoned Green Beans
Whole Grain Italian Breadstick
Nature-Sweet Honeydew Melon

Milk

Arkansas School for the Blind—Lunch Menu for Grades K-8

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

February 2019

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