

# February

2023

## Shelton Public School Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Hamburger w/ WG bun WG chips Fruit Mixed vegetables	2 Texas spaghetti French bread stick Tossed salad Fruit	3 Chili or Chicken noodle Cheese stick WG Roll Fruit	4
5	6 Lasagna French bread stick Tossed salad Fruit	7 Chicken & noodles Mashed potatoes Corn Fruit	8 Hot ham & cheese WG chips Veggie cup Fruit	9 Quesadilla Refried beans Pineapple WG Cookie	10 NO SCHOOL WINTER BREAK	11
12	13 Super nachos Refried beans Gel fruit cup	14 Beef pizza Tossed salad Fruit WG cookie	15 Mandarin Org. chicken Steamed rice Fruit Oriental vegetables	16 BBQ sandwich Tri tater Green beans Fruit	17 Calzone WG chips Veggie cup Fruit	18
19	20 Corndog French fries Baked beans Fruit	21 Walking taco Refried fried beans Strawberries	22 Grilled cheese sandwich Tomato soup Potato salad Fruit	23 Ravioli Tossed salad French bread stick Fruit	24 PBJ, Egg salad, Tuna Macaroni & cheese Veggie cup Fruit	25
26	27 Chicken nuggets Mashed potatoes WG roll Fruit	28 Ham Dandy Mixed vegetables WG Roll Fruit		We are an equal opportunity provider.	All meals are served with low fat or skim milk.	Entrée options are available for all students and staff.