



Al-Madinah School

FEBRUARY 2019

LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Hot dog w/ beans & French fries
4 Beef taco shell w/ Spanish rice, black beans (4 oz), Romaine lettuce (2 oz), salsa (2 oz) & cheddar cheese (1 oz)	5 BBQ chicken leg w/ brown rice, peas (4 oz), carrots (2 oz) & sauteed spinach (4 oz)	6 Cheese ravioli w/ baby carrots (4 oz) & cucumbers (4 oz)	7 Beef broccoli w/ spaghetti, broccoli (4 oz), green peppers (2 oz) & carrots (2 oz)	8 School closed for PTC
11 Chicken fajita w/ whole grain tortilla, Spanish rice, salsa (2 oz), onions (2 oz), green peppers (2 oz) & black beans (4 oz)	12 Beef burger on whole wheat bun, American cheese (1 oz), mashed potatoes (4 oz) & baby carrots (4 oz)	13 Chicken cacciatore w/ pasta, cut corn (4 oz), onions (1 oz), green peas (2 oz) & broccoli (4 oz)	14 Beef gyro w/ whole wheat wrap, green peppers (3 oz), red peppers (3 oz) & onions (2 oz)	15 Pizza pie w/ orange glazed baby carrots (4 oz)
18 Assorted hot turkey pastrami sandwich, American cheese (1 oz), Romaine lettuce (2 oz), baby carrots (4 oz) & hash brown potatoes (2 oz)	19 Philly cheese steak sandwich on whole-wheat roll, mashed potatoes (4 oz), green peppers (2 oz) & onions (2 oz)	20 Chicken burger, white beans (4 oz), tater tots (2 oz), cucumber slices (4 oz) & Romaine lettuce (2 oz)	21 Baked ziti w/ Marinara sauce, green peas (4 oz), baby carrots (3 oz) & grape tomatoes (3 oz)	22 School closed for PTC
25 Chicken curry w/ basmati rice, chick peas (4 oz), carrots (4 oz) & potatoes (4 oz)	26 Chili con carne, brown rice, slice of whole-wheat bread, green peppers (2 oz), red peppers (2 oz) & cherry tomatoes (4 oz)	27 Beef pizza burger w/ Marinara sauce, mozzarella cheese (1 oz), French fries (4 oz) & pickle (2 oz)	28 Falafel balls w/ tahini sauce, mixed greens (4 oz), tomatoes (2 oz) & cucumbers (4 oz)	
Lunch is served with a choice of peanut butter and jelly sandwich, 1% milk and fat-free chocolate milk, fresh fruit or canned fruit.				

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