

# February 2019

## Bartow Middle/Compass Charter

### LUNCH



#### School Information:

Feb 6<sup>th</sup>: EARLY RELEASE  
 Feb 15<sup>th</sup>: Teacher work day-NO SCHOOL  
 Feb 18<sup>th</sup>: Presidents Day-NO SCHOOL



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

Chili  
 Baked potato  
 Cheesy breadsticks  
 PNB smuckers  
 Potato wedges  
 Fresh veggie mix  
 Fresh fruit

4

Chicken tenders  
 Biscuit  
 Yogurt snacker  
 Green beans  
 Fresh veggie mix  
 Fruit cup

5

NO  
 POTATO BAR

Baked Ziti  
 Baked potato  
 Breadsticks  
 Pizza snacker  
 Steamed California blend  
 Fresh veggie mix  
 Fresh fruit

6

EARLY  
 RELEASE

Monte Cristo sandwich  
 Baked potato w/breadsticks  
 Chicken Caesar wrap  
 Sweet potato fries  
 Fresh veggie mix w/coleslaw  
 Fruit cup

7

Pizza  
 Yogurt snacker  
 Corn on cob  
 Fresh veggie mix  
 Frozen fruit cup

8

Chicken drummies  
 Baked potato  
 Yellow rice  
 PBJ Smuckers  
 Steamed broccoli  
 Fresh veggie mix  
 Fresh fruit

11

Shepherds pie  
 Baked potato  
 Wheat roll  
 Yogurt snacker  
 Green peas  
 Fresh veggie mix  
 Fruit cup

12

Cheesy fish sandwich  
 Baked potato w/breadsticks  
 Turkey & cheese sandwich  
 Baked beans  
 Fresh veggie mix  
 Fresh fruit

13

Sloppy joe nachos  
 (Cheese/salsa/sour cream)  
 Ham & cheese sandwich  
 California blend  
 Fresh veggie mix  
 Fruit cup

14

NO  
 POTATO BAR

NO SCHOOL

15

PRESIDENTS DAY

18

NO SCHOOL

Hard shell beef tacos  
 Baked potato w/chips  
 Nacho chips w/salsa cup  
 Yogurt snacker  
 Pinto beans  
 Fresh veggie mix  
 Fruit cup

19

Fish nuggets  
 Baked potato  
 Mac & cheese  
 Pizza snackers  
 Green beans  
 Fresh veggies  
 Fresh fruit

20

Cuban flatbread sandwich  
 Baked potato w/breadsticks  
 Turkey & cheese sandwich  
 Black beans  
 Fresh veggie mix  
 Fruit cup

21

Pizza  
 Yogurt snacker  
 Corn  
 Fresh veggie mix  
 Frozen fruit cup

22

Asian chicken rice bowl  
 Baked potato w/rice  
 PBJ smuckers  
 Egg roll  
 Stir fry vegetables  
 Fresh veggie mix  
 Fresh fruit

25

Chicken bites  
 Wheat roll  
 Yogurt snacker  
 Steamed carrots  
 Fresh veggie mix  
 Fruit cup

26

NO  
 POTATO BAR

Alfredo w/twist  
 Potato bar  
 Breadsticks  
 Turkey & cheese sandwich  
 Steamed broccoli  
 Fresh veggie mix  
 Fresh fruit

27

COOKIE

Korean BBQ beef tacos  
 Baked potato w/breadstick  
 Ham & cheese sandwich  
 Caribbean vegetables  
 Fresh veggie mix w/Asian slaw  
 Fruit cup

28

