



# Rowley Alternative School Lunch Menus

## FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Red Beans* &amp; Rice Chicken Strips Seasoned Spinach Salad Cup w/ Dressing Cornbread 2 Fruit Choices Milk Variety</p> <p>* May contain pork sausage</p>	<p>5</p> <p>Meatballs &amp; Spaghetti Salad Cup w/ Dressing California Veggies French Bread Slice 2 Fruit Choices Milk Variety</p>	<p>6</p> <p>Tacos w/Corn Shells Shredded Lettuce Nacho Cheese Sauce Salsa Chopped Tomatoes Refried Beans 2 Fruit Choices Milk Variety</p>	<p>7</p> <p>Orange Chicken Asian Rice Sliced Carrots Seasoned Peas WG Dinner Roll 2 Fruit Choices Milk Variety</p>	<p>8</p> <p>Chicken and Sausage Gumbo Rice Seasoned Green Beans Tomato Cucumber Salad Dinner Roll</p> <p>Gumbo contains pork sausage</p>
<p>11</p> <p>Chicken Patty on a Bun Lettuce and Tomato French Fries 2 Fruit Choices Milk Variety</p>	<p>12</p> <p>Pepperoni Pizza Salad Cup w/ Dressing Green Beans 2 Fruit Choices Milk Variety</p>	<p>13</p> <p>Chicken Fajita Wrap Refried Beans Seasoned Corn Shredded Lettuce 2 Fruit Choices Milk Variety</p>	<p>14</p> <p>Salisbury Steak Mashed Potatoes Gravy Salad Cup w/ Dressing Onion Rings Dinner Roll 2 Fruit Choices Milk Variety</p> 	<p>15</p> <p>Shrimp Poppers French Fries Carrot Rings Cheddar Cheese Stick Salad Cup w/ Dressing Dinner Roll 2 Fruit Choices Milk Variety</p>
<p>18</p> <p>Red Beans* &amp; Rice Chicken Strips Seasoned Spinach Salad Cup w/ Dressing Cornbread 2 Fruit Choices Milk Variety</p> <p>* May contain pork sausage</p>	<p>19</p> <p>Hamburger on Bun Carrot Rings Sliced tomatoes Shredded Lettuce 2 Fruit Choices Milk Variety</p>	<p>20</p> <p>Turkey Roast Rice Gravy Broccoli Spears Salad Cup Dinner Roll 2 Fruit Choices Milk Variety</p>	<p>21</p> <p>Hot Dog Chili Sweet Potato Fries Green Beans 2 Fruit Choices Milk Variety</p>	<p>22</p> <p>Chili Bowl w/ Chips Lettuce and Tomato Salad Cheese Cup Seasoned Corn 2 Fruit Choices Milk Variety</p>
<p>25</p> <p>Tacos w/ Corn Shells Yellow Rice Salsa Refried Beans Cheese Cup Shredded Lettuce 2 Fruit Choices Milk Variety</p>	<p>26</p> <p>Meatballs and Spaghetti Broccoli Spears Salad Cup w/ Dressing Dinner Roll 2 Fruit Choices Milk Variety</p>	<p>27</p> <p>Hamburger on Bun French Fries Sliced tomatoes Shredded Lettuce 2 Fruit Choices Milk Variety</p>	<p>28</p> <p>Oven Fried Chicken Seasoned Green Beans Mashed Potatoes Gravy Dinner Roll 2 Fruit Choices Milk Variety</p>	<p>March 1</p> <p>Pepperoni Pizza Salad Cup w/ Dressing California Blended Veggies 2 Fruit Choices Milk Variety</p>

Mardi Gras Holidays are March 4-8, 2019



Students at Rowley Alternative School eat lunch at no charge. Extras may be purchased at the time of service. See manager for details and prices.

All menus are subject to change due to the availability of food.

"This institution is an equal opportunity provider"