

Fort Wayne Community Schools February 2018 Private School Elementary Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Galaxy Pepperoni Pizza Steamed Broccoli Baby Carrots Chilled Peaches Banana Bread Milk	30 Chicken Dippers Whole Wheat Roll Fresh Celery Baby Carrots Fresh Kiwi Milk	31 Zesty Orange Chicken Steamed Rice Cucumber Coins Hummus Baby Carrots Applesauce Milk	1 Mini Corndogs Peas Baby Carrots Strawberries Chewy Chocolate Cookie Milk	2 Mini Cheeseburgers Baked Beans Baby Carrots Chilled Peas Milk
5 Breaded Chicken Sandwich Baked Beans Baby Carrots Chilled Peaches Milk	6 Chicken Breakfast Bites Biscuit Grape Tomatoes Baby Carrots Fruit Cocktail Milk	7 Cheeseburger Steak Whole Wheat Roll Baked Potato Baby Carrots Orange Pineapple Ice Milk	8 Beef & Bean Nachos Tortilla Chips Salsa Dipping Cup Baby Carrots Sweet Blueberries Milk	9 Macaroni & Cheese Steamed Broccoli Baby Carrots Red Apple Wedges Carrot Cake Milk
12 Mini Twin Cheeseburgers Potato Wedges Baby Carrots Chilled Peaches Milk	13 Italian Spaghetti Whole Wheat Roll Chop Salad Baby Carrots Chilled Peas Milk	14 <u>Ash Wednesday</u> Soup provided or Pack own lunch	15 Totally Taco Snax Refried Beans Baby Carrots Fruit Cocktail Banana Split Cookie Milk	16 Galaxy Cheese Pizza Green Beans Baby Carrots Strawberries Oatmeal Cookie Milk
19 Hot Dog Baked Beans Baby Carrots Sweet Blueberries Chocolate Chip Cookie Milk	20 Sausage Pizza Chop Salad Baby Carrots Applesauce Butterscotch Cookie Milk	21 Chicken Tenders Whole Wheat Roll Corn Baby Carrots Fresh Pear Half Milk	22 Chicken & Rice Steamed Broccoli Baby Carrots Chilled Peaches Molasses Cookie Milk	23 8 th Grade Pizza Lunch or Pack own lunch *See insert to order*
26 Cheese Pizza Fresh Celery/Peanut Butter Baby Carrots Chilled Apricots Snapperdoodle Cookie Milk	27 Black Bean Dip Shredded Cheddar Cheese Tortilla Chips Baby Carrots Baby Carrots Green Apple Wedges Milk	28 Chicken Drumstick Whole Wheat Roll Cucumber Coins Baby Carrots Banana Milk		

**R E D U C I N G
F O O D
W A S T E**
WHAT SCHOOLS CAN DO TODAY

An estimated 1 billion unpeeled, unopened, and unwanted food items are discarded annually in American schools. To help reduce food waste in FWCS, work towards planning your meals ahead and not being afraid to try new foods.

Plan Ahead & Before school, look at the menu and decide what foods to choose in the lunch line. Remember you must choose at least three components offered including; an entrée, which is 2 components; fruit, vegetable, and milk item—one component. This will reduce the pressure of grabbing more food than you can eat.

Try New Food & When offered food that you are unfamiliar with, use this chance to try a bite instead of throwing untouched food away. You will never know if you like something unless you give it a try.

Resource: <http://www.foodrescue.net/easy1.html>
gclid=CjJL2c3n2NECFQMMaGedV9YKc9

For more information, visit our website at:
<http://foodservice.fwcs.k12.in.us/>

This menu is pork free.
Menus are subject to change without notice.