



**Mount Prospect School
February 2018
Bernard's Township
Elementary Schools**

Entrée's Available Daily

**Cheese OR Pepperoni Pizza
Baked Chicken Patty on a WG Roll
Angus Burger,
Angus Cheeseburger, OR
Veggie Burger on WG Roll
Entrée Salad of the Day
Hummus and Vegetable Platter**

Lunch Price \$2.60

Must purchase at least 1 fruit or vegetable and 2 other food groups, otherwise, a la carte pricing applies. ALL qualifying Lunches include Choice of Skim, 1%, Non Fat Chocolate Milk OR 8oz Bottle of Water Free or Reduced Lunches to those who qualify.

Allergen Key

G -- Contains Gluten
E -- Contains Egg
D -- Contains Dairy

5

Chicken Tenders (G)
Honey Butter Roll (GD)
Mashed Potatoes (D)
Fruit Cocktail

6

Rotini Pasta with Italian Meat Sauce* with Breadstick (GD)
Green Beans
Fresh Banana

7

Grilled Cheese with Ham OR Plain* (GED)
Steamed Carrots
Fresh Orange Wedges

1

Three Cheese Calzone with Marinara Sauce (GD)
Steamed Carrots
Fresh Orange

2

Cheesesteak on a WG Roll (GD)
Seasoned Peas & Carrots
Apricots

9 Super Bowl Friday

Touchdown Cheese Breadstick Dippers* with Marinara Sauce (GD)
Mandarin Oranges
Fresh Baby Carrots

12

Penne Pasta with Chicken Rosa Sauce with Garlic Bread (GD)
Fresh Baby Carrots
Fresh Apple Wedges

13

Chicken & Cheese Hard Tacos with Lettuce & Tomato* (GD)
Cilantro Lime Rice (G)
Orange Wedges

14

Cheesy Baked Penne* with or without Beef Meatballs (GD)
Parmigiana Bread Stick (GD)
Roasted Squash
Diced Pears

15

Popcorn Chicken with WG Dinner Roll (GED)
Baby Carrots with Dip
BBQ Black Beans
Applesauce

16 Celebrate Chinese New Year

Hoisin Chicken over Rice (G) OR Vegetable Lo Mein (GE)
Oriental Broccoli Salad
Fresh Banana
Wonton Soup (GE)

19

No School Mid-Winter Recess

20

No School Mid-Winter Recess

21

Beef Meatball Stew over Parsley Egg Noodles (GED)
Steamed Broccoli
Fresh Fruit Cup

22

Spaghetti with Choice of Meatballs or Marinara Sauce (GD)
WG Garlic Bread (GD)
Celery Sticks

23

Turkey Pancake Wrap (GE)
Fresh Broccoli with Dip
Mandarin Oranges

26

Cheese Quesadilla* OR Chicken Quesadilla (GD)
Roasted Brussel Sprouts
Mixed Fruit

27

All Beef Hot Dog on a WG Bun (G)
Steamed Carrots
Fresh Banana

28

Chicken Mac with WG Breadstick (GD)
Carrot Sticks with Dip
Diced Pears

Vegetarian Options

Many Lunch options can also be made Vegetarian

Menu Subject to Change

Gluten Free pasta is available whenever regular pasta is served
Gluten free pizza is available every Friday

