

Menus

School: Cowgill R-VI School

Meal: Lunch

Month: February 2019

Academic Year: 2018-19

February					
M	Tu	W	Th	F	
28		30	31	1	
BBQ Chicken Sandwich, Peas, String Cheese & Applesauce	Creamy Chicken Over Biscuit, Dessert & Strawberries	Meatloaf, Mashed Potatoes, Carrots, Bread & Peaches Sweet Sour Chicken Broccoli, Rice Pineapple	Groundhog Dog, Winter Beans, Spring Peas & Shadow Brownies		
4	5	6	7	8	
Grilled Chicken, Macaroni & Cheese, Carrots & Peaches	Peanut Butter Sandwich, Chips & Banana	Turkey, Mashed Potatoes, Gravy, Green Beans, Rolls & Peas	Chili, Corn, String Cheese & Cinnamon Apples	Chicken Strips, Sweet Potatoes & Mandarin Oranges	
11	12	13	14	15	
Tuna Casserole, Peas & Applesauce	Cheeseburger, BBQ Beans & Pineapple	Deli Sandwich, Chips & Mixed Fruit	Valentine's Day Dinner Baked Chicken, Sweet Corn, Rolls, Blushing Peas & Heartbreak Cake		
18	19	20	21	22	
	Sweet Sour Chicken, Broccoli, Rice & Pineapple	Meatball Sub, Green Beans & Peaches	Mexican Chicken Casserole, Black Beans & Cinnamon Apples	Chef Salad, Breadstick & Mandarin Oranges	
25	26	27	28	1	
Shrimp, Peas & Tropical Fruit	McRibb, Sweet Potatoes & Mixed Fruit	Shepherd's Pie, Mixed Veggies, Bread & Peaches	Pizza, Corn & Applesauce "The USDA is and equal opportunity provider & employer"		