

FEBRUARY 2019

Lewis-Palmer School District Elementary Menu

School Information Breakfast is served at Bear Creek, Palmer Lake, Lewis-Palmer Elementary Schools & all secondary schools

Monday
Tuesday
Wednesday
Thursday
Friday

Omega-3 Fats are crucial for good health and most of us don't get enough. A low intake of omega-3 is associated with a lower IQ, depression, various mental disorders, and also heart disease. Try to increase your intake of omega-3 by adding good sources like mackerel, salmon, herring, cod liver oil, flaxseeds and chia seeds to your diet.

1. Dominos Pepperoni Pizza
Seasoned Corn
Chilled Fruit
2. Yogurt Grab & Go Meal
3. Chicken Strip Salad Meal
Fruit & Veggie Bar

1. Chicken Tenders
Broccoli,
Chilled Fruit
2. Sunbutter Sandwich Meal
3. Chef Salad Meal
Fruit & Veggie Bar

1. Beef Nachos
Steamed Green Beans
Chilled Fruit
2. Yogurt Grab & Go Meal
3. Chicken Strip Salad Meal
Fruit & Veggie Meal

1. Mini Cinnis
Sausage Patty
Tri Tater
2. Sunbutter Cup Meal
3. Chef Salad Meal
Fruit & Veggie Bar

1. Mini Corn Dogs
Baked Beans
Chilled Fruit
2. Yogurt Grab & Go Meal
3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

1. Chicken Patty
Sandwich, Steamed Carrots
Cookie
2. Yogurt Grab & Go Meal
3. Chicken Strip Salad Meal
Fruit & Veggie Bar

1. Mandarin Orange
Chicken
2. Broccoli, Brown Rice
Mini Choc. Bar
3. Yogurt Grab & Go Meal
3. Chicken Strip Salad Meal
Fruit & Veggie Bar

1. Dominos Cheese Pizza
Green Beans
Chilled Fruit
2. Sunbutter Sandwich Meal
3. Chef Salad Meal
Fruit & Veggie Bar

1. Chili w/ Saltines
Cinnamon Roll
Chilled Fruit
2. Yogurt Grab & Go Meal
3. Chicken Strip Salad Meal
Fruit & Veggie Meal

1. Hot Dog on a Bun
Potato Wedges
Chilled Fruit
2. Valentine Dessert
3. Sunbutter Cup Meal
3. Chef Salad Meal
Fruit & Veggie Bar

1. Macaroni & Cheese
Mixed Vegetables
Sorbet Cup
2. Yogurt Grab & Go Meal
3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

No School
District is Closed

1. Chicken Nuggets
Mashed Potatoes & Gravy
Chilled Fruit,
Mini Oatmeal Chocolate Bar
2. Sunbutter Sandwich Meal
3. Chef Salad Meal
Fruit & Veggie Bar

1. Dominos Cheese Pizza
Steamed Broccoli
Canned Fruit
2. Yogurt Grab & Go Meal
3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

1. Mini French Toast
Sausage Patty
Tri Tater
2. Strawberries Cups
3. Sunbutter Cup Meal
3. Chef Salad Meal
Fruit & Veggie Bar

1. Cheeseburger on Bun
Steamed Carrots
Chilled Fruit
2. Yogurt Grab & Go Meal
3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

K-6th Grade
No School
Workday

1. Dominos Cheese Pizza
Steamed Broccoli
Canned Fruit
2. Sunbutter Sandwich Meal
3. Chef Salad Meal
Fruit & Veggie Bar

1. Mini Corn Dogs
Baked Sweet Potato Fries
Frozen Fruit Cup
Chocolate Chex Mix
2. Yogurt Grab & Go Meal
3. Chicken Strip Salad Meal
Fruit & Vegetable Bar

1. Chicken Fried Steak
Mashed Potato & Gravy
Roll, Chilled Fruit
2. Sunbutter Cup Meal
3. Chef Salad Meal
Fruit & Veggie Bar

Meals Prices: K-6th grade: \$2.90

Milk: \$.60

Menu is subject to change if products aren't available or are recalled

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