

FEBRUARY 2019

LEWIS-PALMER HIGH SCHOOL MENU

Lunch: \$3.00
 Reduced: \$.40
 Free: \$.00

Monday
Tuesday
Wednesday
Thursday
Friday

There is a choice of entrees served daily with unlimited fruit and vegetable bar
 A different entree is offered daily or a choice of the following entrees are also available:
 Specialty Pizza
 Chicken Patty Sandwich
 Hamburger on Bun
 Grab N' Go Salads

1

Macaroni & Cheese
 Steamed Broccoli
 Fruit & Veggie Bar
 Assorted Milk

4

Vegetable Egg Roll
 Vegetable Fried Rice
 Fortune Cookie
 Fruit & Veggie Bar
 Assorted Milk

5

Chicken Patty Sandwich
 Baked French Fries
 Chocolate Chip Cookie
 Fruit & Veggie Bar
 Assorted Milk

6

LPHS Specialty Pizza
 Steamed Carrots
 Fruit & Veggie Bar
 Assorted Milk

7

BBQ Rib Sandwich
 Crinkle Cut French Fries
 Dessert Surprise
 Fruit & Veggie Bar
 Assorted Milk

8

Tomato Soup
 Grilled Cheese Sandwich
 Seasoned Vegetables
 Fruit & Veggie Bar
 Assorted Milk

11

Teriyaki Chicken
 Steamed Brown Rice
 Steamed Carrots
 Fortune Cookie
 Veggie & Fruit Bar
 Assorted Milk

12

Baked Chicken Nuggets
 Baked French Fries
 Chocolate Chip Cookie
 Fruit & Veggie Bar
 Assorted Milk

13

Beef & Cheese Calzone
 Mixed Vegetables
 Fruit & Veggie Bar
 Assorted Milk

14

Spaghetti & Meat Sauce
 Green Beans
 Valentine Dessert
 Veggie & Fruit Bar
 Assorted Milk

15

Chicken Fried Steak
 Mashed Potatoes & Gravy
 Whole Wheat Roll
 Fruit & Veggie Bar
 Assorted Milk

18

**No School
 District is Closed**

19

Mandarin Orange Chicken
 Steamed Brown Rice
 Steamed Broccoli
 Fortune Cookie
 Fruit & Veggie Bar
 Assorted Milk

20

Oven Baked Chicken
 Mashed Potatoes & Gravy
 Whole Wheat Roll
 Fruit & Veggie Bar
 Assorted Milk

21

Cheese Bosco Sticks
 Seasoned Vegetables
 Fruit & Veggie Bar
 Assorted Milk

22

Bacon Cheeseburger
 Baked Beans
 Fruit & Veggie Bar
 Assorted Milk

25

Teriyaki Chicken
 Brown Rice
 Steamed Broccoli
 Fruit & Veggie Bar
 Assorted Milk

26

Baked Chicken Nuggets
 Cheesy Mashed Potatoes
 Chocolate Chip Cookie
 Fruit & Veggie Bar
 Assorted Milk

27

Penne Pasta with Alfredo Sauce
 Steamed Broccoli
 Veggie & Fruit Bar
 Assorted Milk

28

Chicken Fajitas
 Spanish Rice
 Cinnamon Churro
 Fruit & Veggie Bar
 Assorted Milk

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
MySchoolBucks.com

USDA is an equal employer

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 and 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, fish oils, and flaxseeds and chia seeds.

Breakfast is served at Bear Creek, Palmer Lake and Lewis Palmer Elementary Schools and all secondary schools