




2019

# February

Louis M. Klein Middle School

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |   |
|--|--|--|---|---|---|
| <p><b>Food Allergies?</b><br/>Please Speak to Your Server,<br/>Chef or Manager.</p>                           | <p><b>If you have any questions or comments, please call the Food Service Department at 914-630-3114.</b></p> <p><b>Food Service Director – Julia Lindblad</b></p> |  |   | <p><b>1</b><br/>No School Today</p>   | <p><b>Special News...</b><br/><b>More Info...</b><br/><b>Student Lunch</b></p> <p><b>\$2.50 – Daily Menu</b><br/><b>\$2.50 – Pizza Bar</b><br/><b>\$3.50 – Deli or Salad Bar</b></p> <p><b>All Lunches Include:</b><br/>Entrée, Bread/Grain, Vegetable, Fruit/Juice (e.g. Fresh, Cup of Fruit or Juice) and Choice of 1% White or Fat-Free White or Chocolate Milk.</p> <p><b>The Daily Soup*</b> - Freshly Prepared Soup of the Day Served in a Cup or Bowl with Whole Grain Bread.<br/>* Available A-La-Carte</p> <p><b>Additional Midday Lunch Options</b></p> <p><b>Made to Order Deli Bar</b> - Premium Cold Cuts, Grilled Chicken, Chicken or Egg Salad, Assorted Cheeses and Veggies Served on Fresh Bread.</p> <p><b>Create Your Own Salad*</b> - Choice of Greens with Assorted Meats, Cheeses and Fresh Vegetables to Create Your Own Masterpiece!<br/>*Served with Bread/Grain.</p> <p><b>Pizza Bar</b> - Cheese, Pepperoni and a "Pie of the Day."</p> <p>Menus are subject to change without notice.</p> |
| <p><b>4</b> General Tso's Chicken OR...<br/>Beef Stir Fry<br/>Fried Rice<br/>Broccoli<br/>Baby Carrots<br/>Mixed Fruit Cup</p>   | <p><b>5</b> Beef Nacho Bar W/Fixings W/Vegetarian Beans OR...<br/>Chicken Parmesan Over Pasta<br/>Garlic Green Beans<br/>Garden Salad<br/>Pineapple Cup</p>        | <p><b>6</b>Homemade Lasagna OR...<br/>Grilled BBQ Chicken Breast<br/>Italian Bread<br/>Fresh Squash<br/>Red Pepper Sticks<br/>Apple Crisp</p>            | <p><b>7</b>Beef Chili w/Corn Chips OR...<br/>Popcorn Chicken Bites w/Breadstick<br/>Steamed Broccoli<br/>Sweet Corn &amp; Black Bean Salad<br/>Strawberry Cup</p> | <p><b>8</b> <u>Brunch for Lunch</u><br/>Egg &amp; Cheese on a Bagel OR...<br/>Texas Toast w/Hot Fruit Topping<br/>Turkey Sausage Patty<br/>Tater Puffs<br/>Cherry Tomato Cup<br/>Orange Juice, Orange</p> |   |
| <p><b>11</b> Sausage, Onion &amp; Pepper Sub OR...<br/>Three Cheese OR Pepperoni &amp; Cheese Stromboli<br/>Garlic Broccoli<br/>Carrot Sticks<br/>Strawberry Cup, Orange</p>                   | <p><b>12</b> Hamburger Bar W/Fixings OR...<br/>Beef Hot Dog<br/>French Fries<br/>Red Pepper Strips<br/>Red Seedless Grapes</p>                                     | <p><b>13</b> Chicken Quesadilla OR...<br/>Turkey Tacos W/Refried Beans<br/>Corn<br/>Tossed Salad<br/>Peach Cup</p>                                       | <p><b>14</b> Chicken Nacho Bar OR...<br/>Chicken Francese<br/>Mashed Potatoes<br/>Cornbread<br/>Three Bean Salad<br/>Steamed Broccoli<br/>Apple Crisp</p>         | <p><b>15</b> Oven Fried Chicken OR...<br/>Roast Turkey W/Gravy<br/>Dinner Roll<br/>Mashed Potato<br/>Honeyed Carrots<br/>Green Beans<br/>Banana</p>   |   |
| <p><b>18</b></p>   | <p><b>19</b></p>   | <p><b>20</b></p>   | <p><b>21</b></p>  | <p><b>22</b></p>  |   |
| <p><b>WINTER BREAK</b></p> <p><b>School Closed February 18<sup>th</sup> – 22<sup>nd</sup></b></p>  |  |  |   |   |   |
| <p><b>25</b> <u>Brunch for Lunch</u><br/>Egg &amp; Cheese on a Bagel OR...<br/>Texas Toast w/Hot Fruit Topping<br/>Turkey Sausage Patty<br/>Tater Puffs<br/>Celery Sticks<br/>Orange Juice</p> | <p><b>26</b> Macaroni &amp; Cheese Bar W/Corn Bread OR...<br/>Philly Cheesesteak<br/>Roasted Potato Wedges<br/>Broccoli<br/>Fresh Fruit Cup<br/>Raisin Cup</p>     | <p><b>27</b> BBQ Chicken Pieces OR...<br/>Spaghetti and Homemade Meatballs<br/>Garlic Bread<br/>Red Pepper Strips<br/>Green Beans<br/>Strawberry Cup</p> | <p><b>28</b> Beef Tacos OR...<br/>Homemade Meatloaf<br/>Rice Pilaf<br/>Red Pepper Sticks<br/>Sweet Corn<br/>Apple<br/>Melon Cup</p>                               |   |   |

Louis M. Klein Middle School – Lunch Menu – February, 2019

Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs. This includes min-max calories, saturated fat and sodium along with specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk.  
*This institution is an equal opportunity provider and employer.*



**February is New Vegetable Month! Visit Our Deli Bar to Try Our Roasted Red Pepper On Your Salad or Sandwich!**

