

FEBRUARY 2019 Ridgeview Lunch




Daily Choice of:
 Specialty entrée or
 Italian Choice or
 Chicken Sandwich or
 Deli Sub or
 Deli Wrap or
 Chef Salad or Yogurt or
 PBJ Box
GARDEN SPOT DAILY:
 Salad or Carrots or mixed
 veggie cup

3 Choices of 1/2 Cup Canned
 Fruit,
 Dried Fruit
 Or 1 Fresh Fruit
 Offered Daily
 Must choose 1 fruit or 1
 vegetable.....

Daily Choice of:
 FF flavored Milk OR
 1% or FF Unflavored Milk

Student Lunch \$2.10
 Reduced Lunch \$.40
 Adult Lunch \$3.10
 easily pay for meals at :
www.myschoolbucks.com
 Phone: 276-835-1610
lsalyer@dcps.k12.va.us



	Mon	Tue	Wed	Thu	Fri
					1 Hot Dog on Bun <u>GARDEN SPOT</u> <u>Veggie Beans</u> Tots Fruit Choice Milk
	4 Barbecue on Bun Onion, Pickles <u>GARDEN SPOT</u> Baked beans Baked Fries Fruit choice Milk	5 Chinese New Year Asian Chicken Chunks/w rice Breadstick Sweet Carrots <u>Garden Spot</u> Fruit Choice Sherbet/Fortune cookie Milk	6 Grilled Cheese <u>GARDEN SPOT</u> Chicken Taco Soup w/ crackers Fruit choice Milk	7 Chicken Fajita/ Cheese /Soft Tortilla <u>GARDEN SPOT</u> Peppers/ onions Fiesta beans Corn / Mexican Rice Fruit Choice Milk	8 Roasted Chicken Mashed Potatoes Peas <u>GARDEN SPOT</u> WG Roll Fruit Choice Milk
	11 Chicken Nuggets with Roll Mac n Cheese Green Beans <u>Garden Spot</u> Fruit choice Milk	12 Taco Thursday/Cheese Soft Tortilla or Chips <u>GARDEN SPOT</u> Taco Fiesta Beans Corn /Mexican Rice Fruit Choice Milk	13 Made from Scratch Spaghetti w/Meat sauce WG Breadstick <u>GARDEN SPOT</u> Fruit Choice Green Beans Milk	14 Breakfast for Lunch Popcorn Chicken with waffles <u>Garden Spot</u> Sweet Potatoes Tots Fruit choice Milk Valentine Treat	15 Chicken & Gravy Mashed Potatoes Peas <u>GARDEN SPOT</u> WG Roll Fruit Choice Milk
	18 Hot Ham with cheese sauce on Bun Baked Beans Sweet Potato tots <u>Garden spot</u> Fruit choice Milk	19 Chicken Fajita/ Cheese /Soft Tortilla <u>GARDEN SPOT</u> Peppers/ onions Fiesta beans Corn / Mexican Rice Fruit Choice Milk	20 Grilled Cheese <u>GARDEN SPOT</u> Soup w/ crackers Fruit choice Milk	21 Asian Chicken Chunks/w rice Breadstick Sweet Carrots <u>Garden Spot</u> Fruit Choice Milk	22 Roasted Chicken Mashed Potatoes Peas <u>GARDEN SPOT</u> WG Roll Fruit Choice Milk
	25 Sliced Turkey/Gravy with Roll Mac n Cheese <u>Garden Spot</u> Green Beans Fruit choice Milk	26 Taco Tuesday/Cheese Soft Tortilla or Chips <u>GARDEN SPOT</u> Taco Fiesta Beans Corn Mexican Rice Fruit Choice Milk	27 New Chicken Pasta WG Breadstick <u>GARDEN SPOT</u> <u>Broccoli</u> Fruit Choice Milk	28 Breakfast for Lunch Chicken Fryz with waf- fles <u>Garden Spot</u> Sweet Potatoes Tots Fruit choice Milk	