

February 2019 Lunch Menu

Treutlen County Schools

5 ways to keep your heart healthy:

- 1. Exercise**
- 2. Pump of the produce**
- 3. Limit salt**
- 4. Go for whole grains**
- 5. Cut out stress**

This institution is an equal opportunity employer.

				Friday, February 1
				Chicken Nuggets or Ham and Cheese Melt Ranch Potatoes Veg of the Day Fruit ^Roll
Monday, February 4	Tuesday, February 5	Wednesday, February 6	Thursday, February 7	Friday, February 8
Rib A Q or Hot Dog Steamed cabbage- from school garden Broccoli and Cheese Fruit TMHS- ^Chips	^Buffalo Chicken Sandwich or Turkey sandwich Zipper peas Au Gratin Potatoes ^Juice TMHS- Soft Pretzel	Hamburger or Grilled chicken ^Sandwich Toppings Tater Tots Fruit	^Chili Cheese Fries or PBJ Corn Black Beans Sidekick Cookie THS- Yogurt	Pizza Hut Pizza or Chicken salad w/ crackers Veg of the day ^Carrots and Buffalo Ranch ^Cookies ^Juice
Monday, February 11	Tuesday, February 12	Wednesday, February 13	Thursday, February 14	Friday, February 15
PBJ or BBQ Baked potato w/ butter and sour cream Cheese Sweet peas Fruit TMHS-Chips	Spaghetti or turkey sandwich Tossed Salad Corn Fruit TMHS- Soft Pretzel	^Lemon Pepper & Rosemary chicken or Ham sandwich ^Glazed carrots Yellow rice Black eyed peas ^Juice TMHS- Ice Cream	Corndog or General's Chicken Fried Rice Asian Veggies Juice TMHS- Egg Roll	Manager's Choice
Monday, February 18	Tuesday, February 19	Wednesday, February 20	Thursday, February 21	Friday, February 22
No School	Steak Nuggets or Pimento Cheese Sandwich Green beans Mashed potatoes Fruit TMHS- ^Roll	^Hot wings or Ham sandwich Veggies and Ranch dip Zipper Peas ^Cookies ^Juice	PBJ or Grilled Cheese sandwich Vegetable Beef Soup Crackers Sidekick THS- Chips, yogurt	^Chicken Filet sandwich or Tuna Salad w/ crackers Veg of the day Baked BBQ Chips Fruit
Monday, February 25	Tuesday, February 26	Wednesday February 27	Thursday, February 28	
Manager's Choice	Taco Salad w/ lettuce and cheese or PBJ Corn Sidekick THS- sour cream, Cookie	Sub Your Way Ham or Turkey Sandwich Toppings Curly Fries Fruit	Hamburger Steak w/ rice/ gravy or Hot dog Lima Beans Roasted Carrots ^Juice TMHS- ^Cookies	Choice of GA Grown Milk Daily