

# February 2020 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

School Nutrition Director,  
Red Barrett

**This institution is an equal opportunity employer.**

Monday, February 3	Tuesday, February 4	Wednesday, February 5	Thursday, February 6	Friday, February 7
Rib A Q or Hot dog Tater Tots Steamed Carrots Fruit THS- Cookie	Buffalo chicken Sandwich or Turkey-Sandwich Zipper Peas Pickles Chips Juice	BBQ sandwich or PBJ Baked Beans Fries Sidekick THS- Slaw	Chicken Nuggets or Ham Sandwich Ranch Potatoes Greens Mexican Cornbread Fruit	Wild Mike's Pizza or Chicken Salad w/ crackers Tossed Salad Veg of the day Fruit
Monday, February 10	Tuesday, February 11	Wednesday, February 12	Thursday, February 13	Friday, February 14
Steak Nuggets or Turkey Sandwich California Blend Green beans Texas Toast Fruit	Chicken Filet Sandwich or PBJ Au Gratin Potatoes Garlic Broccoli Juice	Spaghetti or Ham sandwich Corn Tossed salad Garlic Cheese roll Fruit	Grilled Cheese Or PBJ Vegetable Beef Soup Crackers Juice TMHS- Cookie	Hamburger or Grilled chicken sandwich Sandwich topping Curly Fries Fruit
Monday, February 17	Tuesday, February 18	Wednesday, February 19	Thursday, February 20	Friday, February 21
No School	No School	Corn dog or General's Tso Chicken Fried rice Asian veggies Juice TMHS- Egg roll	Chicken Noodle soup or PBJ Veg or the day Corn Crackers Juice TMHS- Chips Yogurt	Sub your Way Turkey or Ham Tater Tots Sandwich toppings Sidekick
Monday, February 24	Tuesday, February 25	Wednesday, February 26	Thursday, February 27	Friday, February 28
Chicken Nuggets or Tuna salad w/ crackers Mashed potatoes Sweet peas Cookie Fruit	BBQ Baked Potato or Ham sandwich Cheese, butter, sc Steamed broccoli Fruit Crisp TMHS- chips	Pizza or Turkey sandwich Veg of day Green beans Chips Sidekick	Lemon Pepper Chicken or PBJ Yellow Rice Black eyed peas Steamed Carrots Fruit THS- chips	Manager's Choice
				Choice of Milk Daily Choice of Juice Daily