



# February 2019

## Elementary Lunch Empire, Fremont, Mark Twain

<p><b>side items</b></p>	<p><b>side items</b></p>	<p><b>side items</b></p>	<p><b>side items</b></p>	<p><b>1</b> Cheese Pizza Hamburger Ham &amp; Cheese Sub</p> <p><b>side items</b></p> <p>Green Beans Cucumbers Garden Salad Fresh Orange 100% Orange Juice Fresh Apple</p>
<p><b>4</b> No School Professional Development Day</p> <p><b>side items</b></p>	<p><b>5</b> Crunchy Chicken Tacos <b>Bean &amp; Cheese Burrito</b> Mozzarella &amp; Cheddar Salad w/ Roll</p> <p><b>side items</b></p> <p>Green Beans Baby Carrots Garden Salad Apple Slices Diced Pears</p>	<p><b>6</b> <b>Italian Dunkers w/ Marinara</b> Corn dog Make Your Own Pepperoni Pizza Bagel</p> <p><b>side items</b></p> <p>Whole Kernel Corn Cauliflower Garden Salad Fresh Banana Diced Peaches</p>	<p><b>7</b> Fish Bites w/ Roll <b>Chicken Nuggets w/ Roll</b> All American Wrap</p> <p><b>side items</b></p> <p>Kickin' Pintos Celery Sticks Garden Salad Applesauce Fresh Orange</p>	<p><b>8</b> <b>Pepperoni Pizza</b> Hamburger Sunbutter &amp; Jelly Sandwich</p> <p><b>side items</b></p> <p>Baby Carrots Cucumbers Garden Salad 100% Orange Juice Mixed Berry Fruit Cup</p>
<p><b>11</b> <b>Breaded Drumstick w/ Roll</b> Cheeseburger Ham Sandwich</p> <p><b>side items</b></p> <p>Mashed Potatoes Fresh Broccoli Garden Salad Orange Wedges Mixed Fruit</p>	<p><b>12</b> Penne w/ Meatsauce <b>Boneless Wings w/ Roll</b> Chicken Chef Salad w/ Roll</p> <p><b>side items</b></p> <p>Green Beans Baby Carrots Garden Salad Apple Slices Diced Pears</p>	<p><b>13 Birthday Celebration</b> <b>Mini Confetti Pancakes w/ Sausage Patties</b> Green Chile Quesadilla Fruit &amp; Cheese Plate w/ Roll</p> <p><b>side items</b></p> <p>Tater Tots Cucumbers Garden Salad Fresh Banana Diced Peaches</p>	<p><b>14 Valentines Day</b> Crunchy Beef Tacos <b>Chicken Nuggets w/ Roll</b> Turkey &amp; Cheese Sub</p> <p><b>side items</b></p> <p>Refried Beans Celery Sticks Garden Salad Applesauce Cherry Vanilla Ice Cream Cuo Mixed Berry Fruit Cup</p>	<p><b>15</b> No School</p> <p><b>side items</b></p>
<p><b>18</b> No School</p> <p><b>side items</b></p>	<p><b>19</b> BBQ Pork Sandwich <b>Chicken Tenders w/ Roll</b> Turkey Sub</p> <p><b>side items</b></p> <p>Roasted Cauliflower Cucumbers Garden Salad Apple Slices Diced Pears</p>	<p><b>20</b> Penne w/ Meatsauce Italian Dunkers w/ Marinara All American Sandwich</p> <p><b>side items</b></p> <p>Green Beans Celery Sticks Garden Salad Fresh Banana Diced Peaches</p>	<p><b>21</b> Spicy Chicken Sandwich <b>Hotdog on Bun</b> Chicken Chef Salad w/ Roll</p> <p><b>side items</b></p> <p>Campfire Beans Baby Carrots Garden Salad Applesauce Fresh Orange</p>	<p><b>22</b> <b>Cheese Pizza</b> BBQ Riblet on Bun Sunbutter &amp; Jelly Sandwich</p> <p><b>side items</b></p> <p>Whole Kernel Corn Fresh Broccoli Mixed Berry Fruit Cup Apple 100% Orange Juice</p>
<p><b>25 National Chili Day</b> Chili w/ Roll <b>Loaded Cheeseburger</b> Ham &amp; Cheese Sandwich</p> <p><b>side items</b></p> <p>Whole Kernel Corn Garden Salad Baby Carrots Orange Wedges Mixed Fruit</p>	<p><b>26</b> Grilled Cheese <b>Chicken Nuggets w/ Roll</b> Turkey &amp; Cheese Wrap</p> <p><b>side items</b></p> <p>Green Beans Cucumbers Garden Salad Apple Slices Diced Pears</p>	<p><b>27</b> Tangerine Chicken w/ Rice <b>Hamburger</b> Chicken &amp; Cheese Salad w/ Roll</p> <p><b>side items</b></p> <p>Steamed Broccoli Cauliflower Garden Salad Fresh Banana Diced Peaches</p>	<p><b>28</b> Penne w/ Meatsauce <b>Boneless Wings w/ Roll</b> All American Sub</p> <p><b>side items</b></p> <p>Campfire Beans Celery Sticks Garden Salad Applesauce Fresh Orange</p>	<p><b>side items</b></p>



**Choose and Entree:** Our featured hot entrée, a hot handheld favorite; and a salad or a sandwich

**Take up to 3 sides:**

Each meal includes: fresh varieties of fruit, and a healthful rotation of vegetables

**Menu Subject to change**

### Additional Information

#### Meal Prices

Breakfast—\$1.50 Lunch \$2.85  
NO charge for students at Empire



#### Grain Choice

We use only heart-healthy whole grain breads and rolls



#### Milk Choice

1% low fat & unflavored/  
flavored fat-free choices \$.50