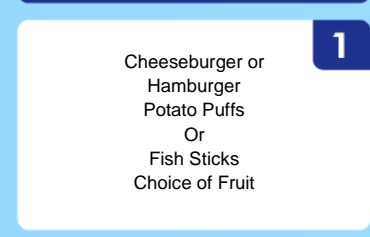


FEBRUARY 2019

EAST WINDSOR PUBLIC SCHOOLS

Available Daily
 _ Fresh Fruit with Yogurt and Bagel
 Assorted Salads
 Assorted Sandwiches

Monday
Tuesday
Wednesday
Thursday
Friday


4

Lasagna
 Broccoli Florets
 Cheese Sauce
 Or
 Hot dog on a Roll
 Choice of Fruit


5

Chicken Tenders
 Mac & Cheese
 Corn
 Choice of Fruit

MS/HS - Biscuit

6

Stuffed Crust Pizza
 Garden Salad
 Choice of Fruit



MS/HS – Carrots with low fat dip


7

Tacos
 Rice
 Green Beans
 Salsa & Sour Cream
 Choice of Fruit

8

Mini Pancakes
 Sausage Links
 Hash Browns
 Choice of Fruit or Juice

11



Grilled Cheese
 Tomato Soup
 Baked Beans
 Or
 BBQ Rib on a Roll
 Choice of Fruit

12

Chicken Nuggets
 Buttered Noodles
 Glazed Carrots
 Choice of Fruit

MS/HS – Cornbread

13

French Bread Pizza
 Veggie Stix w/dip
 Choice of Fruit

MS/HS – Hummus Boat

14

Meatballs
 Garlic Breadsticks
 Onion Rings
 Tossed Salad
 Choice of Fruit

MS/HS - Grinders

15

NO SCHOOL
 FEBRUARY BREAK

18

NO SCHOOL
 FEBRUARY BREAK

19


NO SCHOOL
 FEBRUARY BREAK

20

Wild Mikes Cheese Bites
 Marinara Sauce
 Garden Salad
 Choice of Fruit

MS/HS - Coleslaw

21



Pasta
 Meat Sauce
 Garlic Breadsticks
 Green Beans
 Choice of Fruit

22

Cheeseburger or
 Hamburger
 French Fries
 Or
 Fish Sticks
 Choice of Fruit

25

Cheese or Chicken
 Quesadilla
 Rice
 Green Beans
 Or
 Teriyaki Tenders w/biscuit
 Choice of Fruit

26

Mozzarella Sticks
 Marinara Sauce
 Marinated Cucumbers
 Garlic Breadsticks
 Choice of Fruit


27

Pizza
 Tossed Salad
 Choice of Fruit

MS/HS – Pasta Salad

28

Salisbury Steak
 Mashed Potatoes
 Gravy Corn
 Biscuit
 Choice of Fruit



BB – Popcorn Chicken
 MS/HS – BBQ Baked Chicken



Broad Brook Elementary School -\$3.00
 Middle School - \$3.00
 High School \$3.00
 Reduce lunch .40

MENU SUBJECT TO CHANGE WITHOUT NOTICE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER