

# FEBRUARY 2018

Orcas Christian School

Our menu is lacto-ovo vegetarian  
Paid Lunch is \$.45  
Reduced Price is \$0.40  
Adult lunch is \$5.00

Monday

Tuesday

Wednesday

Thursday

Friday



1  
Vegetable Stir Fry  
Crispy Tofu & Brown Rice  
Asian Cabbage Salad  
Seasonal Fruit  
Skim and 1% Milk

2  
**Fun Food Friday!**  
Homemade Pizza  
Fresh Green Salad  
Cottage cheese  
Seasonal Fruit  
Skim and 1% Milk

5  
**Monday Brunch**  
Pumpkin Pancakes!  
Scrambled Eggs  
Fresh Veggie Cup  
Seasonal Fruit  
Skim and 1% Milk

6  
Cheesy Baked Kale and Penne  
Pasta  
Fresh Green Salad  
Roasted Beets  
Seasonal Fruit  
Skim and 1% Milk

7  
**Mrs. Angie's Pick!**  
Tofu Coconut Curry  
Brown Rice & Quinoa Pilaf  
Kale Salad  
Seasonal Fruit  
Skim and 1% Milk

8  
Veggie burgers  
whole wheat bun with cheese  
Oven Fries  
Fresh Veggie Medley  
Seasonal Fruit  
Skim and 1% Milk

9  
Lentil Soup  
Pumpkin Square  
Fresh Green Salad  
Seasonal Fruit  
Skim and 1% Milk

12  
'Sloppy' Lentil Joes on  
Whole grain bun  
Cole Slaw  
Seasonal Fruit  
Skim and 1% Milk

13  
Spaghetti with marinara and  
vegetables  
Fresh Green Salad  
Seasonal Fruit  
Skim and 1% Milk

14  
**Mexican Mash-Up!**  
Enchiladas, Rice, Beans  
Fresh Veggie Assortment  
Seasonal Fruit  
Skim and 1% Milk

15  
Minestrone Soup  
Toasted Cheese Sandwich  
Fresh Green Salad  
Seasonal Fruit  
Skim and 1% Milk

16  
**Noon Dismissal**  
No School Lunch  
Today  


19  


20

21

22

23

Mid-Winter Break: Enjoy!

26  
**Welcome Back!**  
Haystacks with all the fixings!  
Southwestern Beans  
Fresh Veggie Medley  
Seasonal Fruit  
Skim and 1% Milk

27  
Baked Potatoes  
Chili, Cheese, Sour Cream  
Banana Muffins  
Fresh Veggie Medley  
Seasonal Fruit  
Skim and 1% Milk

28  
**Ancient Cultures Meal**  
Incan Tacos with homemade  
tortillas, quinoa pilaf  
Mayan sweet potato & squash  
roast, Aztec fruit salad  
Incan Hot Chocolate



Menu subject to change given availability of some food items.

We need volunteers! If you'd like to earn volunteer hours, please come help with school lunch. We need you!

Parents, please let us know of any food allergies your child may have!

Please submit an income application if you'd like to be considered for free or reduced priced lunches. This institution is an equal opportunity provider.

