

GARDENA ENVIRONMENTAL CHARTER LNE - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
January 29, 2018	January 30, 2018	January 31, 2018	February 1, 2018	February 2, 2018
			BREAKFAST FOR LUNCH CHICKEN & WAFFLES ^ Syrup MINI CORN DOGS Mustard Ketchup Diced Peaches Salad Bar Selections Mixed Greens Salad Broccoli Florets Carrot Sticks Jicama Sticks Cucumber Coins Cauliflower Florets Light French Dressing Mayonnaise Choice of Milk ICE	*NEW ITEM* SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ Salsa HAMBURGER Hamburger Bun ^ Mustard Ketchup Fresh Fruit Salad Bar Selections Mixed Greens Salad Crunchy Celery Sticks Garbanzo Beans Pickle Chips Jalapenos Red Peppers Light Ranch Dressing Choice of Milk ICE
February 5, 2018	February 6, 2018	February 7, 2018	February 8, 2018	February 9, 2018
POPCORN CHICKEN BBQ Sauce TURKEY SALAMI & CHEESE ON A WHOLE WHEAT BUN^ Mayonnaise Fresh Fruit Salad Bar Selections Mixed Greens Salad Fresh Spinach Leaves Carrot Sticks Jicama Sticks Cauliflower Florets Cucumber Coins Shredded Cheddar Cheese Light Ranch Dressing Choice of Milk ICE	*SPICE IT UP!* RANCH TURKEY BURGER CRISPY CHICKEN FILLET BBQ Sauce Hamburger Bun ^ Chipotle Ranch Ketchup Diced Peas Salad Bar Selections Mixed Greens Salad Broccoli Florets Crunchy Celery Sticks Red Peppers Jicama Sticks Onions Light French Dressing Choice of Milk ICE	PEPPERONI PIZZA ^ CHILI Corn Muffin ^ Fresh Fruit Salad Bar Selections Mixed Greens Salad Black Beans Corn Diced Tomatoes Crunchy Celery Sticks Jalapenos Light French Dressing Choice of Milk ICE	ROTINI BAKE ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Fresh Fruit Salad Bar Selections Mixed Greens Salad Green Pepper Slices Green Beans Fresh Grape Tomatoes Garbanzo Beans Pickle Chips Light Ranch Dressing Mayonnaise Choice of Milk ICE	NO SCHOOL
February 12, 2018	February 13, 2018	February 14, 2018	February 15, 2018	February 16, 2018
NO SCHOOL	*NATIONAL PANCAKE DAY* PANCAKES & SAUSAGE ^ Syrup PEPPERONI PIZZA ^ Diced Peaches Salad Bar Selections Mixed Greens Salad Red Peppers Jicama Sticks Garbanzo Beans Pickle Chips Cucumber Coins Light Ranch Dressing Choice of Milk ICE	4-CHEESE PANINI ^ HOT DOG Hot Dog Bun ^ Ketchup Mustard Fresh Fruit Salad Bar Selections Mixed Greens Salad Fresh Spinach Leaves Garden Green Peas Cucumber Coins Fresh Zucchini Coins Carrot Sticks Croutons ^ Light French Dressing Mayonnaise Choice of Milk ICE	TACO MEAT Tostada Bowl^ Salsa CHICKEN DIPPERS Marinara Dipping Sauce Fresh Fruit Salad Bar Selections Mixed Greens Salad Diced Tomatoes Carrot Sticks Black Beans Onions Jalapenos Light Ranch Dressing Choice of Milk ICE	CHEESE PIZZA ^ SALISBURY STEAK W/ GRAVY Mashed Potatoes Sliced Bread ^ (2) Fresh Fruit Salad Bar Selections Mixed Greens Salad Broccoli Florets Carrot Sticks Jicama Sticks Crunchy Celery Sticks Onions Light Ranch Dressing Choice of Milk ICE
February 19, 2018	February 20, 2018	February 21, 2018	February 22, 2018	February 23, 2018
PRESIDENTS DAY	CHICKEN NUGGETS Potato Rounds BBQ Sauce TURKEY SALAMI & CHEESE ON A WHOLE WHEAT BUN^ Mustard Mayonnaise Diced Peas Salad Bar Selections Mixed Greens Salad Red Peppers Green Beans Crunchy Celery Sticks Cucumber Coins Pickle Chips Shredded Cheddar Cheese Light Ranch Dressing Choice of Milk ICE	HAMBURGER Hamburger Bun ^ BAGEL DOG ^ Mixed Fruit Cup Mustard Ketchup Salad Bar Selections Mixed Greens Salad Carrot Sticks Jicama Sticks Crunchy Celery Sticks Fresh Zucchini Coins Green Beans Light French Dressing Choice of Milk ICE	*NATIONAL CHILI DAY! VEGETARIAN CHILI W/ BEANS Corn Muffin ^ PANCAKES & SAUSAGE ^ Syrup Fresh Fruit Salad Bar Selections Mixed Greens Salad Black Beans Buttered Corn Diced Tomatoes Onions Jalapenos Light Ranch Dressing Choice of Milk ICE	PIZZA DIPPERS ^ Marinara Dipping Sauce SPAGHETTI W/MEATBALLS Applesauce Cup Salad Bar Selections Mixed Greens Salad Fresh Spinach Leaves Fresh Grape Tomatoes Cauliflower Florets Fresh Zucchini Coins Carrot Sticks Light Ranch Dressing Choice of Milk ICE

February 26, 2018	February 27, 2018	February 28, 2018	March 1, 2018	March 2, 2018
"FOOD FOCUS: CHERRY" COUNTRY CHICKEN COMBO ^ TURKEY & CHEESE SANDWICH ^ Mayonnaise Applesauce Cup Cherry Mini Loaf ^ Salad Bar Selections Mixed Greens Salad Diced Tomatoes Black Beans Carrot Sticks Jalapenos Crunchy Celery Sticks Shredded Cheddar Cheese Light Ranch Dressing Choice of Milk ICE	HOT DOG Hot Dog Bun ^ Mustard Ketchup CHICKEN RANCH FLATBREAD ^ Diced Peaches Salad Bar Selections Mixed Greens Salad Red Peppers Jicama Sticks Garbanzo Beans Pickle Chips Cucumber Coins Light Ranch Dressing Choice of Milk ICE	PEPPERONI PIZZA ^ SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ Salsa Cup Mixed Fruit Cup Salad Bar Selections Mixed Greens Salad Crunchy Celery Sticks Garbanzo Beans Pickle Chips Jalapenos Red Peppers Light Ranch Dressing Choice of Milk ICE		

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

