

Lummi Nation Schools 2019-20 breakfast February 2020

Mon	Tue	Wed	Thu	Fri
3 Fresh Apples Fresh Oranges Smoothie, Watermelon/Raspberry Waffle Sticks, Whole Grain Nonfat Chocolate Milk 1% Milk	4 Yogurt, Greek, ZOI Fresh Oranges Fresh Apples Smoothie, Strawberry/Banana, Cereal, Multigrain, Cinnamon Toast 1% Milk Nonfat Chocolate Milk	5 Scrambled Eggs w/ Cheese Fresh Oranges Fresh Apples Smoothie, Peach Mango Tortilla, W/W, 11", FSA#236646 1% Milk Nonfat Chocolate Milk	6 Pancakes, Wheat & Honey Fresh Oranges Fresh Apples Smoothie, Watermelon/Raspberry 1% Milk Nonfat Chocolate Milk	7 Salmon (Fish) Hash Fresh Apples Fresh Oranges Smoothie, Strawberry/Banana, Toast 1% Milk Nonfat Chocolate Milk
10 French Toast Fresh Apples Fresh Oranges Smoothie, Watermelon/Raspberry 1% Milk Nonfat Chocolate Milk	11 Yogurt, Greek, ZOI Fresh Oranges Fresh Apples Smoothie, Strawberry/Banana, Toast Cereal, Multigrain, Cinnamon Nonfat Chocolate Milk 1% Milk	12 Breakfast Burrito w/Chorizo, Egg & Cheese Fresh Oranges Fresh Apples Smoothie, Peach Mango Nonfat Chocolate Milk 1% Milk	13 Fresh Oranges Fresh Apples Smoothie, Watermelon/Raspberry Strawberries Waffle Sticks, Whole Grain Nonfat Chocolate Milk 1% Milk	14 Country Potato Bowl w/ Scrambled Eggs Fresh Oranges Fresh Apples Smoothie, Strawberry/Banana, Toast Nonfat Chocolate Milk 1% Milk
17 NO SCHOOL	18 Yogurt, Greek, ZOI Fresh Oranges Fresh Apples Toast Cereal, Frosted Flakes 1% Milk Nonfat Chocolate Milk	19 Country Potato Bowl w/ Scrambled Eggs Fresh Apples Fresh Oranges Tortilla, W/W, 11", FSA#236646 1% Milk Nonfat Chocolate Milk	20 French Toast Fresh Oranges Fresh Apples 1% Milk Nonfat Chocolate Milk	21 Biscuits & Gravy Fresh Oranges Fresh Apples 1% Milk Nonfat Chocolate Milk
24 Fresh Apples Fresh Oranges Smoothie, Watermelon/Raspberry Strawberries Waffle Sticks, Whole Grain 1% Milk Nonfat Chocolate Milk	25 Yogurt, Greek, ZOI Fresh Oranges Fresh Apples Smoothie, Strawberry/Banana, Toast Cereal, Multigrain, Cinnamon 1% Milk Nonfat Chocolate Milk	26 Scrambled Eggs w/Cheese Fresh Oranges Fresh Apples Smoothie, Peach Mango Tortilla, W/W, 11", FSA#236646 Nonfat Chocolate Milk 1% Milk	27 Pancakes, Wheat & Honey Fresh Oranges Fresh Apples Smoothie, Watermelon/Raspberry Applesauce 1% Milk Nonfat Chocolate Milk	28 Salmon (Fish) Hash Fresh Oranges Fresh Apples Smoothie, Strawberry/Banana, Toast 1% Milk Nonfat Chocolate Milk

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LNS Lunch 2019-2020

February 2020

Mon	Tue	Wed	Thu	Fri
3 Lasagna Turkey Sandwich Roasted Vegetables Caesar Salad Salad Bar 9-12 Fresh Apples Fresh Oranges Garlic Texas Toast 1% Milk Nonfat Chocolate Milk	4 Chicken Strips Turkey Sandwich Mashed Potatoes Caesar Salad Salad Bar 9-12 Fresh Apples Fresh Oranges Roll, Wheat 1% Milk Nonfat Chocolate Milk	5 Pizza Cheese Pretzel Turkey Sandwich Caesar Salad Marinara Sauce Dipping Cup Salad Bar 9-12 Fresh Apples Fresh Oranges 1% Milk Nonfat Chocolate Milk	6 Baked Salmon Ham Turkey Sandwich Seasoned Roasted Redskin Potato Halves Caesar Salad Salad Bar 9-12 Fresh Apples Fresh Oranges Roll, Wheat 1% Milk Nonfat Chocolate Milk	7 Sloppy Joe on a Roll Turkey Sandwich Tater Tots Caesar Salad Salad Bar 9-12 Fresh Apples Fresh Oranges 1% Milk Nonfat Chocolate Milk
10 Macaroni & Cheese Turkey Sandwich Caesar Salad Salad Bar 9-12 Fresh Apples Fresh Oranges Roll, Wheat 1% Milk Nonfat Chocolate Milk	11 Egg Roll Turkey Sandwich Caesar Salad Salad Bar 9-12 Fresh Apples Fresh Oranges Fried Brown Rice WG 1% Milk Nonfat Chocolate Milk	12 Pizza Cheese Pretzel Turkey Sandwich Marinara Sauce Dipping Cup Caesar Salad Salad Bar 9-12 Fresh Apples Fresh Oranges 1% Milk Nonfat Chocolate Milk	13 Taco Bowl Turkey Sandwich Refried Beans Caesar Salad Salad Bar 9-12 Fresh Apples Fresh Oranges Spanish Rice 1% Milk Nonfat Chocolate Milk	14 Chicken Burger Turkey Sandwich Waffle Cut French Fries Caesar Salad Salad Bar 9-12 Fresh Apples Fresh Oranges 1% Milk Nonfat Chocolate Milk
17 Presidents Day No School	18 Sweet & Sour Chicken Turkey Sandwich Caesar Salad Salad Bar 9-12 Fresh Apples Fresh Oranges Long Grain Brown Rice, 1/2 c. 1% Milk Nonfat Chocolate Milk	19 Pizza Cheese Pretzel Turkey Sandwich Marinara Sauce Dipping Cup Caesar Salad Salad Bar 9-12 Fresh Apples Fresh Oranges 1% Milk Nonfat Chocolate Milk	20 Cheese French Bread Pizza Turkey Sandwich Tomato Soup Caesar Salad Salad Bar 9-12 Fresh Apples Fresh Oranges 1% Milk Nonfat Chocolate Milk	21 Hot Dog Chili con Carne with Beans Turkey Sandwich Caesar Salad Salad Bar 9-12 Fresh Apples Fresh Oranges Tortilla Chip Roll, Wheat 1% Milk Nonfat Chocolate Milk

24	25	26	27	28
Spaghetti and Meat Sauce	Submarine Sandwich	Pizza	Clam Chowder	Hamburger
Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich
Corn	Caesar Salad	Cheese Pretzel	Caesar Salad	Potato Wedges
Caesar Salad	Salad Bar 9-12	Marinara Sauce Dipping Cup	Salad Bar 9-12	Baked Beans
Salad Bar 9-12	Fresh Apples	Caesar Salad	Fresh Apples	Caesar Salad
Fresh Apples	Fresh Oranges	Salad Bar 9-12	Fresh Oranges	Salad Bar 9-12
Fresh Oranges	Tortilla Chip	Fresh Apples	Cheese Toast	Fresh Apples
Garlic Bread Stick	1% Milk	Fresh Oranges	1% Milk	Fresh Oranges
1% Milk	Nonfat Chocolate Milk	1% Milk	Nonfat Chocolate Milk	1% Milk
Nonfat Chocolate Milk		Nonfat Chocolate Milk		Nonfat Chocolate Milk

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