## What's on the Menu?

## ALLEGHANY K8 SCHOOL: February Lunch 2024

\begin{tabular}{|c|c|c|c|c|}
\hline Monday \& Tuesday \& Wednesday \& Thursday \& Friday \\
\hline \begin{tabular}{l}
Memphis BBQ Chicken Strips \\
with Mac n' Cheese Cheeseburger \\
Roasted Brussels Sprouts Potato Wedges
\end{tabular} \& \begin{tabular}{l}
Macho Nachos Buffalo Chicken Ranch Quesadill \\
Black Beans Seasoned Corn
\end{tabular} \& \begin{tabular}{l}
Teriyaki Popcorn Chicken \\
Fried Rice \\
Corn Dog \\
Glazed Carrots \\
Broccoli with Cheese
\end{tabular} \& \begin{tabular}{l}
Meatballs Marinara with Spaghetti with Garlic Toast Chicken Filet Sandwich \\
Seasoned Zucchini Lima Beans
\end{tabular} \& \begin{tabular}{l}
Cheese Stuffed Breadsticks \\
Jamaican Baked Fish with Caribbean Rice \\
Sweet Potato Fries Seasoned Peas Frozen Sidekick
\end{tabular} \\
\hline 12 \& Toasted Cheese Sandwich
with Tomato Soup Side
Cajun Roasted Pork Loin
with Rice
Seasoned Broccoli
Baked Sweet Potato
- \& \begin{tabular}{l}
Roasted BBQ Chicken
with a Roll
Cheese Stuffed Breadsticks \\
Vegetarian Baked Beans Seasoned Collard Greens
\end{tabular} \& Beefy Macaroni Bake
with Garlic Toast
Hot Dog
with Chili \& Chicken Nuggets
with a Roll
Fish Filet Sandwich

Roasted Baby Carrots
Great Northern Beans
Frozen Sidekick <br>

\hline | Mashed Potato Bowl with Gravy and Roll Cheeseburger |
| :--- |
| Glazed Carrots Seasoned Broccoli | \& | Taco Salad | 20 |
| :---: | :---: |
| with Tortilla Chips |  |
| Cheese Quesadilla |  |
| Salsa |  |
|  |  |
| Seasoned Corn |  |
| Pinto Beans |  |
| - |  | \& | Homemade Chicken Pie |
| :--- |
| Toasted Ham \& Cheese |
| with Potato Soup Side |
| Seasoned Carrots Seasoned Green Peas | \& | Pepperoni Pizza |
| :--- |
| Hot Dog |
| with Chili |
| Potato Wedges Savory Green Beans | \& Baked Ziti

with Roll
Chicken Filet Sandwich <br>

\hline | Memphis BBQ Chicken Strips |
| :--- |
| with Mac n' Cheese Cheeseburger |
| Roasted Brussels Sprouts Potato Wedges | \& Macho Nachos

Buffalo Chicken Ranch Quesadill
Black Beans
Seasoned Corn

- \& Teriyaki Popcorn Chicken
Fried Rice
Beef and Bean Chili
with Cornbread
Glazed Carrots
Broccoli with Cheese
- \& \begin{tabular}{l}
Meathalls Marinara with Spaghett <br>
with Garlic Toast Chicken Filet Sandwich <br>
Seasoned Zucchini Lima Beans

 \& 

Cheese Stuffed Breadsticks <br>
Jamaican Baked Fish with Caribbean Rice <br>
Sweet Potato Fries Seasoned Peas Frozen Sidekick
\end{tabular} <br>

\hline \& \& \& \& <br>
\hline
\end{tabular}

Fresh and Chilled fruit served daily. Assorted juice and milk available every day Milk choices include $1 \%$ white, skim chocolate and skim strawberry.

