

MOENCOPI DAY SCHOOL

- 2024 -

FEBRUARY LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

February is American Heart

Month. Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs, or play in the snow if you have it.

Reference: USDA MyPlate
North American Food Service



Adult Lunch \$4.25

Sides \$1.50

Milk \$0.50

This Institution is an equal opportunity.

****MAY SUBJECT TO CHANGE****

5

Hot Turkey Sandwich
Steamed Corn
Fresh Fruit
Assorted Milk

12

Tuscan Grilled Cheese Sandwich
Minestrone Soup
Steamed Corn
Diced Pears
Assorted Milk

19



26

Roasted Herb Turkey
WG Fry Bread
Three Sisters Salad
Diced Peaches
Assorted Milk

6

Black Bean & Swt Potato Stew
WG Fry Bread
Romaine Salad
Lite Ranch Dressing
Cherry Pears
Assorted Milk

13

Pork Pozole
WG Fry Bread
Steamed Broccoli
Melon Bowl
Assorted Milk

20

Pulled BBQ Turkey
Seasoned Brown Rice
Sweet Cinnamon Squash
Green Beans
Fresh Fruit
Assorted Milk

27

Greek Chicken Salad w/ Pita
Celery Sticks
Hummus
Pineapple Tidbits
Assorted Milk

7

Chicken Nuggets
Ketchup/Mustard
Dinner Roll
Steamed Carrots
Zucchini Squash
Strawberries
Assorted Milk

14

Chicken Tacos
Mild Salsa
Black Beans
Fresh Fruit
Assorted Milk

21

Beef Shephard's Pie
Dinner Roll
Strawberries & Bananas
Assorted Milk

28

Beef Burrito
Steamed Carrots
Romaine Salad
Lite Ranch Dressing
Fresh Grapes
Assorted Milk

1

Beef Chili w/ Beans
WG Fry Bread
Potato Wedges
Celery Sticks
Sliced Peaches
Assorted Milk

8

Cheeseburger
Lettuce & Tomato
Ketchup/Mustard/Mayonnaise
Cole Slaw
Sweet Potato Fries
Fresh Fruit
Assorted Milk

15

Beef Asian Meatballs
Seasoned Brown Rice
Asian Vegetables
Baby Carrots
Pineapple Tidbits
Assorted Milk

22

White Chicken Chili
WG Cornbread
Honey Dilled Carrots
Roasted Cauliflower
Blueberries
Assorted Milk

29

Mandarin Orange Chicken
Seasoned Brown Rice
Steamed Corn
Green Beans
Fresh Fruit
Assorted Milk

2

Bean & Cheese Burrito
Romaine Salad
Lite Ranch Dressing
California Vegetables
Fresh Fruit
Assorted Milk

9

Baked Chicken Breast
Garlic Toast
Steamed Corn
Pinto Beans
Sidekicks
Assorted Milk

16

Cheese Pizza
Romaine Salad
Lite Ranch Dressing
Green Beans
Cantaloupe
Assorted Milk

23

Italian Pizza Sandwich
Romaine Salad
Lite Ranch Dressing
Fresh Fruit
Assorted Milk