

FEBRUARY 2012

Portland Lutheran School Menu

MONDAY



TUESDAY



Beans

WEDNESDAY

Lunch

- Toasted Cheese Sandwich w Creamy Tomato Soup
- Black Bean Salad Ham & Cheese Sub
- Freshly Baked Cheese Pizza

THURSDAY

Lunch

- Chicken Tenders w/Mashed Potatoes Cheeseburger on Whole Grain Bun
- Turkey & Cheese Wrap
- Bean & Cheese Enchilada

FRIDAY

Lunch

- Vegetable Yaki Soba Noodles
- Mini Cobb Salad
- Crispy Chicken Wrap
- Freshly Baked Pepperoni Pizza

Nutrition Analysis: Cals 695 kcal, Cholesterol 49 mg, Iron 4.16 mg, Calcium 600.3 mg, Vitamin A 10933 IU, Vitamin C 72.15 mg, Protein 27.84 g, Carbs 91.41 g, Total Fat 25.62 g, Sat Fat 7.36 g

Lunch

- Teriyaki Beef Dippers w/Roasted Potatoes
- Hearty Garden Salad
- Turkey & Cream Cheese Pinwheels
- Italian Meatball Sub

Lunch

- Fajita Chicken Quesadilla on Whole Wheat Tortilla
- Cheesy Pizza Dippers w/Pizza Dipping Sauce
- Tuna Salad on Whole Wheat Rib-B-Que on Whole Grain Bun

Lunch

- Chicken & Rice Vegetable Stir-Fry
- Lift-Off
- Spinach Salad
- Ham & Cheese Sandwich on Wheat
- Freshly Baked Cheese Pizza

Lunch

- Spaghetti w Meat Sauce
- Cheese Quesadilla on Wheat Tortilla
- Italian Combo Sub
- Whole Grain Chicken Corn Dog

Lunch

- Hot Ham & Cheese Melt w/Tater Tots
- Classic Chef Salad
- Veggie Wrap on Wheat Tortilla
- Freshly Baked Pepperoni Pizza

Nutrition Analysis: Cals 721 kcal, Cholesterol 49 mg, Iron 4.41 mg, Calcium 603.9 mg, Vitamin A 11249 IU, Vitamin C 74.87 mg, Protein 28.03 g, Carbs 96.39 g, Total Fat 26.34 g, Sat Fat 7.13 g

Lunch

- Fiesta Beans & Cheese Nachos
- Popeye Spinach Salad
- Turkey & Cheese Sub
- Chicken Chicken Wrap on Whole Grain Bun

Lunch

- Brunch For Lunch
- Whole Grain Pancakes & Turkey Sausage
- Beef Ravioli
- Crispy Chicken Wrap
- Bean & Cheese Burrito

Lunch

- Rainbow Chili w/Baked Potato
- Poppin' Chicken Salad
- Ham & Turkey Roll Ups
- Freshly Baked Cheese Pizza

Lunch

- Baked Macaroni w/Three Cheeses
- Fruit & Yogurt Parfait w/Graham Crackers
- American Sub
- Turkey Hot Dog on Whole Wheat Bun

Lunch

- Chicken Fajita w/Spanish Rice
- Mini Cobb Salad
- Tuna Salad Sandwich on Whole Wheat
- Freshly Baked Pepperoni Pizza

Nutrition Analysis: Cals 702 kcal, Cholesterol 52 mg, Iron 4.19 mg, Calcium 587.8 mg, Vitamin A 10734 IU, Vitamin C 70.61 mg, Protein 28.04 g, Carbs 87.64 g, Total Fat 28.05 g, Sat Fat 7.48 g

NO SCHOOL

PRESIDENT'S DAY

Lunch

- Beef Taco Tuesday
- Cheesy Pizza Dippers w/Pizza Sauce
- Turkey & Cheese Sandwich on Wheat
- Cheeseburger on Whole Grain Bun

Lunch

- Rib-B-Que w/Mashed Potatoes
- Mandarin Chicken Salad
- Italian Combo Sub
- Freshly Baked Cheese Pizza

Lunch

- Whole Wheat Spaghetti & Meatballs
- Chicken Cordon Bleu Sandwich
- Tuna Salad Sandwich on Whole Wheat
- Whole Grain Chicken Corn Dog

Lunch

- BBQ Pork Sandwich w/Oven Fries
- Southwestern Taco Salad w/Tortilla Triangles
- Veggie Wrap
- Freshly Baked Pepperoni Pizza

Nutrition Analysis: Cals 734 kcal, Cholesterol 50 mg, Iron 4.59 mg, Calcium 627.7 mg, Vitamin A 10842 IU, Vitamin C 73.03 mg, Protein 29.01 g, Carbs 100.96 g, Total Fat 25.41 g, Sat Fat 7.16 g

Lunch

- Baked Cheese Ravioli
- Popeye Spinach Salad
- Ham & Cheese Pinwheels
- Turkey Hot Dog on Whole Wheat Bun

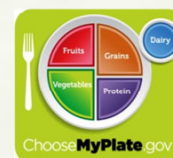
Lunch

- Baked Potato w/Toppings
- Fruit & Yogurt Parfait w/Graham Crackers
- Ham & Turkey Roll-up
- Chicken Patty on Whole Grain Bun

Lunch

- Toasted Cheese Sandwich w/Creamy Tomato Soup
- Black Bean Salad Ham & Cheese Sub
- Freshly Baked Cheese Pizza

Help your Kids make better Choices at Lunch Encourage them to visit our Garden Bar to "Build their Plate"



My Mondays event encouraging students to try new Meatless & Vegetarian Entrees.

This symbol represents My Monday Entrees



Nutrition Analysis: Cals 701 kcal, Cholesterol 45 mg, Iron 4.88 mg, Calcium 532.4 mg, Vitamin A 10953 IU, Vitamin C 74.01 mg, Protein 27.12 g, Carbs 89.04 g, Total Fat 27.5 g, Sat Fat 7.44 g



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