

**Health • e**  
**LIVING**



Gilles Sweet Lunch

# February 2019

## In Season Broccoli

Broccoli shares cancer fighting, immune boosting properties.

Broccoli contains high levels of both calcium and vitamin k, both of which are important for bone health and prevention of osteoporosis



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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Tony's French **1**  
Bread Pizza  
Steamed Broccoli

Stuffed Cheeseburger **4**  
Vegetable Blend  
Malibu

Sweet & Sour Chicken **5**  
Asian Blend  
Steamed Broccoli

Beef Burrito Bowl **6**  
Fiesta Chicken  
Brown Rice  
Black Beans

Tyson Chicken Nuggets **7**  
Swt Potato FF  
Celery sticks  
Roll

Bosco Cheese sticks **8**  
W/dipping sauce  
Steamed corn

Italian Meatball **11**  
Sub topped w/ cheese  
Vegetable Blend  
Malibu

Beef Soft Taco **12**  
Mexican Rice  
Black Beans

Crispy boneless wings **13**  
Sweet potato fries  
Roll

Loaded baked potato with chili and cheese **14**  
Celery sticks

Stuffed crust pizza **15**  
Corn

**NO SCHOOL 18**

BBQ chicken Sandwich **19**  
Coleslaw  
Mandarin oranges

Cheese Quesadilla **20**  
Black beans  
Salsa

Breaded Chicken Sandwich **21**  
FF  
Baked apples

Boars Head Turkey sandwich **22**  
Garden salad  
Assorted slushies

Chicken Alfredo **25**  
Rotini Pasta & meatballs  
Vege Malibu

Walking Taco **26**  
Black Beans  
Let, tom & cheese  
Sour cream

Baked Chicken Drumstick **27**  
Swt Pot FF  
Celery sticks  
Roll

Roadhouse Burger **28**  
French FF  
Baked apples

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### Announcements

#### Gilles Sweet Elementary Daily Options:

- Hummus Platter
- Yogurt Parfait
- Grilled cheese
- Tomato soup
- PB & J meal

### Meal Prices

**Student Lunch prices:**  
**\$2.65**

**Adult: \$4.10**