

Check out **NEW** menu items highlighted in **PURPLE**.  
Tell us what you think!

# FEBRUARY 2020

## Henderson Collegiate – Elementary School

Drinks: Plain 1% milk, skim chocolate and strawberry milk, and water available at breakfast and lunch

### Monday

Cinnamon Roll  
Fresh Fruit **3**

**Teriyaki Chicken over Aromatic Rice**  
**Ginger Carrots**, Cucumber Slices  
Fresh Fruit

Cereal Bars (2)  
Fresh Fruit **10**

HC Deluxe Burger  
Tossed Salad, Creamy Yellow Corn  
Fresh Fruit

**17**

NO SCHOOL

Cinnamon Roll  
Fresh Fruit **24**

Classic Chicken Sandwich  
Choice of Sauce: BBQ or Spicy Ranch  
Creamy Corn, Fresh Green Salad  
Fresh Fruit

### Tuesday

Yogurt, Granola  
Fresh Fruit **4**

**Italian Ham & Butterbeans w/Shaved**  
**Parmesan over Brown Rice**, Dinner Roll  
Steamed Lemon Broccoli, Sautéed  
Onions & Green Peppers  
Fresh Fruit

Yogurt, WG Muffin  
Fresh Fruit **11**

**Mexican Black Beans & Cilantro Rice**  
**Tex-Mex Caesar Salad**  
Baby Carrots  
Fresh Fruit

Cinnamon Roll  
Fresh Fruit **18**

Chicken Fajita (2 WG tortillas)  
Chili Lime Corn Salad  
Mexican Jumping Beans, Sassy Salsa  
Fresh Fruit

Yogurt, WG Muffin  
Fresh Fruit **25**

Louisiana Red Beans  
w/Sausage & Brown Rice  
**Shredded Carrot Salad**  
Fresh Fruit

### Wednesday

Cereal Bars (2)  
Fresh Fruit **5**

HC Nacho Bar! (ground beef, sour cream,  
shredded cheddar, chopped lettuce, sassy  
salsa, WG chips)  
Fiesta Black Beans  
Fresh Fruit

Bagel, Jelly, Butter or Cream Cheese  
Fresh Fruit **12**

Pulled Pork Sandwich  
Mashed Sweet Potatoes  
HC's Famous Coleslaw  
Fresh Fruit

WG Biscuit, Butter, Jam  
Fresh Fruit **19**

Winter Ragu (meaty red sauce) over WG  
Spiral Pasta, Parmesan Cheese  
Fresh Green Salad, Cherry Tomatoes  
WG Roll  
Fresh Fruit

Appleways  
Fresh Fruit **26**

**"Wok-Fried" Rice w/Sesame Chicken**  
**Asian-Style Green Beans**  
**Quick Pickled Cucumbers**  
Fresh Fruit

### Thursday

Bagel, Butter or Cream Cheese  
Fresh Fruit **6**

Classic Chicken Sandwich  
Choice of Sauce: BBQ or Spicy Ranch  
Creamy Corn, Fresh Green Salad  
Fresh Fruit

Appleways  
Fresh Fruit **13**

**Mac&Cheese Bar**  
**Toppings: bacon crumbles, chives,**  
**hot sauce; Dinner Roll**  
String Beans, Baked Beans  
Fresh Fruit

Yogurt, Granola  
Fresh Fruit **20**

Breakfast for Lunch:  
Omelet, WG Pancakes  
Spinach Salad, Cucumber Slices  
Fresh Fruit

Bagel, Peanut Butter  
Fresh Fruit **27**

Pulled Pork Sandwich  
HC's Famous Coleslaw, Baby Carrots  
Fresh Fruit

### Friday

Superdonut, Fresh Fruit **7**  
PBJ or Turkey Ham & Cheese Sandwich  
Carrots, Celery Sticks  
Fresh Fruit

**SATURDAY SCHOOL FEB 8**  
Poptarts (2), Fresh Fruit  
PBJ or Turkey Ham & Cheese Sandwich  
Carrots, Broccoli, Fresh Fruit

**14**

NO SCHOOL

Cereal Bars (2)  
Fresh Fruit **21**

**Build Your Own Salad!**  
**Chopped Romaine, Carrot, Sliced**  
**Cucumber, Tomatoes**  
**Tuna Salad or Hardboiled Egg**  
**Shredded Cheese, Pita Wedges**  
Fresh Fruit

Superdonut  
Fresh Fruit **28**

Chicken Biscuit  
Baby Carrots, Green Pepper Strips  
Ranch dressing  
Cheese Stick  
Fresh Fruit

