

# February 2019 Menu Emerson Middle



## Al a carte Items

### Salad Bar:

- Fresh Seasonal Vegetables
- Fresh Seasonal Fruit
- Chocolate Pudding
- Vanilla Pudding
- Cottage Cheese
- Hard Boiled Eggs
- Mixed Salad Greens
- Ranch Dressing
- Caesar Dressing
- Balsamic Vinaigrette Dressing
- Croutons
- Parmesan Cheese

### Grill:

- Curly Seasoned Fries
- Cheeseburger
- Hamburger
- Bosco Sticks
- Marinara Sauce
- Breaded Chicken Sandwich
- Pretzel
- Churro

### Crust:

- Peperoni Pizza
- Cheese Pizza
- Sausage Pizza

### Salads:

- Caesar Salad

Monday	Tuesday	Wednesday	Thursday	Friday
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4	5	6	7	8
<b>BBQ Boneless wings with Fries</b> 	<b>Meatball Sub with Chips</b> 	<b>Quest Plate (Chicken Tenders, Corn and Mashed Potatoes)</b> 	<b>Baked Mac'N'Chz with Staemed Carrots</b> 	<b>Waffles with Cheesy HashBrowns</b> 
<b>Pasta Bar</b> 	<b>Burrito Bar</b> 	<b>Boneless Wing Bar</b> 	<b>Burger Bar</b> 	<b>Nacho Bar</b> 
11	12	13	14	15
<b>Mini Chicken Corndogs with Broccoli</b> 	<b>Chicken Patty Sandwich (Spicy/Regular) With Fries</b> 	<b>Beef Tacos With Rice</b> 	<b>Cheeseburger Casserole with Dill Pickle Spears</b> 	<b>French Toast Sticks with Cheesy Hashbrowns</b> 
<b>Pasta Bar</b> 	<b>Burrito Bar</b> 	<b>Boneless Wing Bar</b> 	<b>Burger Bar</b> 	<b>Nacho Bar</b> 

ALLERGENS: =Dairy | =Egg | =Gluten | =Peanuts | =Seafood | =Shellfish | =Soy | =Tree Nuts

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## Al a carte Items continued

### Crave:

- Choc Chunk Muffin
- Blueberry Muffin
- Brownies
- Cinnamon Rolls
- Cookie
- Yogurt Parfait
- Pudding Parfait

### Made To Order Sandwiches:

- Whole Wheat Bread
- French Roll
- Multigrain Bread
- Tomato Focaccia
- Salami
- Pepperoni
- Turkey Ham
- Turkey
- Tuna Salad
- American Cheese
- Provolone Cheese
- Swiss Cheese

- Lettuce
- Tomato
- Onion
- Pickles
- Banana Peppers
- Giardiniera
- Cucumbers
- Black Olives
- Mayonnaise
- Olive Oil
- Vinegar

Monday	Tuesday	Wednesday	Thursday	Friday
18  Presidents Day No School	19  Pulled Pork Sandwich with Corn   Burrito Bar 	20  Quest Plate (Chicken Tenders, Mashed Potatoes & Corn)   Boneless Wing Bar 	21  Chili Mac with Mixed Vegetables   Burger Bar 	25  Waffles with Cheesy HashBrowns   Nacho Bar 
25  All Beef Hot Dog with Corn   Pasta Bar 	26  Chicken Parmesan with Noodles   Burrito Bar 	37  Sloppy Joes with Chips   Boneless Wing Bar 	28  Chicken Tacos with Rice   Burger Bar 	

**ALLERGENS:** =Dairy | =Egg | =Gluten | =Peanuts | =Seafood | =Shellfish | =Soy | =Tree Nuts

If you have questions or comments, please email Lindsey Borchers at: [lborchers@d64.org](mailto:lborchers@d64.org) .

For nutritional information please visit: [questfmsnutrition.com](http://questfmsnutrition.com)

Menu changes may be necessary at times, please note nutritional needs will be assessed when making substitutions!