

# Lifegate Christian School

# February Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b> Chick-Fil-A Nuggets (8 cnt) -OR- Alt- Cobb or Market Salad or Chicken Wrap</p> <p>Carrots Fruit (TBD)</p>	<p><b>2</b> Sloppy Joe on WG Bun -OR- Alt- Italian Hoagie</p> <p>Sweet Potato Fries Apple</p>	<p><b>3</b> Creamed Chicken in Gravy w/ WG Biscuit</p> <p>(No alternate)</p> <p>Mashed Potatoes &amp; Gravy Blueberries</p>
<p><b>6</b> Mozzarella Sticks -OR- Alt- Sunbutter/Jelly Sandwich</p> <p>Corn Mixed Fruit</p>	<p><b>7</b> Popcorn Chicken &amp; Asstd WG Bread -OR- Alt- Italian Hoagie</p> <p>Glazed Carrots Peaches</p>	<p><b>8</b> Pizza Hut Cheese Pizza w/ WG Bread -OR- Alt- Tuna Salad on 9 Grain</p> <p>Romaine Salad Pears</p>	<p><b>9</b> BBQ Pulled Pork Sandwich -OR- Alt- Turkey &amp; Cheese Hoagie</p> <p>Baked Beans Banana</p>	<p><b>10</b> Meatball Sub w/ Mozzarella Cheese on WG Bun</p> <p>(No alternate)</p> <p>Steamed Cauliflower Apple</p>
<p><b>13</b> Hot Dog on WG Bun -OR- Alt- Sunbutter/Jelly Sandwich</p> <p>Crinkle Cut French Fries Applesauce</p>	<p><b>14</b> French Toast Sticks w/ Saus Patty -OR- Alt- Turkey &amp; Cheese Hoagie</p> <p>Yams Strawberries Teddy Grahams</p>	<p><b>15</b> Chick-Fil-A Sandwich -OR- Alt- Cobb or Market Salad or Chicken Wrap</p> <p>Carrots Fruit (TBD)</p>	<p><b>16</b> BBQ Chicken Drumstick -OR- Alt- Italian Hoagie</p> <p>Iceberg Salad Orange</p>	<p><b>17</b> Crispy Beef Tacos w/ Cheese &amp; Lettuce</p> <p>(No Alternate)</p> <p>Chili Beans Peaches</p>
<p><b>20</b> Crispy Chicken Sandwich -OR- Alt- Yogurt/Cheesestick/Bread</p> <p>Sweet Potato Fries Applesauce</p>	<p><b>21</b> Chicken w/ Brown Rice -OR- Alt- Turkey &amp; Cheese Hoagie</p> <p>Red Beans Mandarin Oranges Donut Holes</p>	<p><b>22</b> Pizza Hut Cheese Pizza w/ WG Bread -OR- Alt- Tuna Salad on 9 Grain</p> <p>Romaine Salad Craisins</p>	<p><b>23</b> White Chicken Chili -OR- Alt- Italian Hoagie</p> <p>Mixed Veggies Pears</p>	<p><b>24</b> Crispy Fish Sticks</p> <p>(No Alternate)</p> <p>Seasoned Waffle Fries Apple</p>
<p><b>27</b> Pepperoni Calzone -OR- Alt- Sunbutter/Jelly Sandwich</p> <p>Mixed Veggies Peaches</p>	<p><b>28</b> Chicken Teriyaki Dumpling -OR- Alt- Turkey &amp; Cheese Hoagie</p> <p>Steamed Broccoli Banana</p>	<p><b>3/1</b> Chick-Fil-A Nuggets (8 cnt) -OR- Alt- Cobb or Market Salad or Chicken Wrap</p> <p>Carrots Fruit (TBD)</p>	<p><b>3/2</b> Cheeseburger -OR- Alt- Italian Hoagie</p> <p>Baked Beans Blueberries</p>	<p><b>3/3</b> Grilled Cheese Sandwich</p> <p>(No Alternate)</p> <p>Steamed Carrots Orange</p>

Hot lunch : \$3.75 (includes milk) Extra Main Entree: \$1.75/ea. Milk: \$.40 Alt=Alternate. The Alt option comes w/same sides as main entree: \$3.75

Chick-Fil-A Prices: Chicken Sandwich & 8 count Nuggets (both w/sides): \$6.00; Chicken Wrap (w/sides): \$8.50; Salads: \$9.75

WG - is Whole Grain wherever listed. Fruits & Veggies may differ from menu on a daily basis depending on availability. \* Extras & Alternate available for 2nd-8th grades only.

Lunch Coordinator - Shelley Regier, [regier@lcsomaha.org](mailto:regier@lcsomaha.org), 402-490-4937 c, 402-333-5153 w This institution is an equal opportunity provider.

**HOT LUNCH MUST BE ORDERED BY 8:45 AM. IF YOUR STUDENT IS GOING TO BE LATE, CALL OR EMAIL LCS BEFORE 8:45 AM.**