


Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Panther Power Salad Assorted Sub Sandwiches Potato Wedges Steamed Carrots Garden Salad Cup Fresh Fruit Assorted Fruit Cups</p>	<p>2 Panther Power Salad Fish On Bun Steamed Broccoli Steamed Brown Rice Garden Salad Cup Fresh Fruit Assorted Fruit Cup</p>
<p>5 Panther Power Salad Cheeseburger On Bun Sweet Potato Puffs Steamed Spinach Romaine Salad Cup Fresh Fruit Assorted Fruit Cups</p>	<p>6 Panther Power Salad Salisbury Steak &amp; Gravy Whipped Potatoes Steamed Broccoli Steamed Beets Whole Wheat Roll Fresh Fruit Assorted Fruit Cups</p>	<p>7 Panther Power Salad BBQ On Bun Vegetarian Baked Beans Corn On Cob Romaine Toss Salad Fresh Fruit Assorted Fruit Cups</p>	<p>8 Panther Power Salad Chicken Fajita Wrap Black Beans Spanish Rice Chopped Romaine &amp; Tomatoes Fresh Fruit Assorted Fruit Cups</p>	<p>9 Panther Power Salad Popcorn Chicken Steamed Mixed Greens Carrots w Low Fat Dip Salad Cup Bread Stick Fresh Fruit Assorted Fruit Cups</p>
<p>12 Panther Power Salad Oven Baked Fish On Bun Roasted Potatoes Green Beans Steamed Carrots Fresh Fruit Assorted Fruit Cups</p>	<p>13 Panther Power Salad Chicken Alfredo Over Pasta Steamed Broccoli Steamed Corn Chopped Romaine Salad Fresh Fruit Assorted Fruit Cups</p>	<p>14 Panther Power Salad Hot Dog On Bun Vegetarian Baked Beans Steamed Kale Fresh Fruit Assorted Fruit Cups</p>	<p>15 Panther Power Salad Buffalo Chicken Wings Whipped Sweet Potato Steamed Collards Greens Salad Cup Fresh Fruit Assorted Fruit Cups</p>	<p>16 Panther Power Salad Turkey &amp; Cheese Flatbread Oven Baked French Fries Carrots w/ Low Fat Dip Steamed Greens Fresh Fruit Assorted Fruit Cups</p>
<p>19 Panther Power Salad Vegetable Beef Soup Grilled Cheese Sandwich Romaine Toss Salad Fresh Veggie Cup Fresh Fruit Assorted Fruit Cups</p>	<p>20 Panther Power Salad Cheeseburger On Bun Steamed Kale Steamed Corn Pinto Beans Fresh Fruit Assorted Fruit Cups</p>	<p>21 Panther Power Salad Spicy Chicken Wrap Green Beans Sweet Potato Puffs Salad Cup Fresh Fruit Assorted Fruit Cups</p>	<p>22 Panther Power Salad Oven Roasted Chicken Collard Greens Blackeye Peas Stewed Tomatoes Candied Yams Cornbread Gingerbread Fruit</p>	<p>23 Panther Power Salad Oven Baked Fish On Bun Oven Bake French Fries Green Peas Carrots w Low Fat Dip Fresh Fruit Assorted Fruit Cups</p>
<p>26 Panther Power Salad Pork Chop Fritter On Bun Whipped Sweet Potatoes Steamed Mixed Greens Fresh Fruit Assorted Fruit Cups</p>	<p>27 Panther Power Salad Fish on Bun Roasted Potatoes Green Beans Steamed Carrots Fresh Fruit Assorted Fruit Cups</p>	<p>28 Panther Power Salad Spaghetti w Meat Sauce Romaine Toss Salad Steamed Corn Green Peas Garlic Bread Fresh Fruit Assorted Fruit Cups</p>	<hr style="border: 1px solid black; width: 100%;"/> <h1 style="color: blue; margin: 0;">FEBRUARY</h1> <p style="color: blue; margin: 0;">Charles City High School</p>	