



FEBRUARY 2019

La Honda – Pescadero Unified School District

Made with fresh, seasonal local organic food from scratch. Todo hecho en casa con ingredientes fresco, orgánico y locales. Frutas y leche con cada almuerzo. Fruit & milk served at each meal.

Monday

Tuesday

Wednesday

Thursday

Friday



February Wellness Challenge

- 1) Add something green to every meal.
- 2) Do a crossword puzzle.
- 3) For every hour you sit, make sure to be active for at least 10 minutes

VO Pepperoni **1**
PIZZA
 Salad Bar
 Buffet de Ensalada

VO Make your own **4**
 Turkey
SANDWICH
 Veggies
 Verduras

VO LeftCoast Grassfed **5**
 Beef
NACHOS
 Homemade Salsa Veggies
 con salsa y verduras

V Baked Rigatoni **6**
PASTA
 Veggies
 Verduras

Albondigas **7**
 (Mexican Meatball)
SOUP
 Corn Tortillas

CHEESE **8**
PIZZA
 Salad Bar
 Pizza de jamon
 Buffet de Ensalada

11
HOT Diggity DOG
 Sweet Potato Fries
 Salchichas
 Patatas dulces fritas

TACO Tuesday **12**
 Carnitas/Pork Tacos
 Coleslaw
 Tacos de carnitas lime y
 repollo

Chicken **13**
RAMEN
 Veggies
 Verduras

Big Bad Bean & Cheese **14**
BURRITO



Hawaiian Style **15**
VO **PIZZA**
 Salad Bar
 Pizza de jamon
 Buffet de Ensalada

No School **18**
No Hay Escuela
 PreK - 12



No School **22**
No Hay Escuela
 PreK - 12

V Bean **25**
TOSTADA
 Veggies
 Verduras

TACO Tuesday **26**
 Beef Tacos
 Vegetables
 Tacos de carne y verduras

V **MAC** **27**
 &
CHEESE
 Salad Bar
 Buffet de Ensalada

Chicken Tortilla **28**
SOUP
 Veggies
 Verduras



Vegetarian Options PB & J (Sunbutter) or Cheese Sandwich always available upon request PB & J (Sunbutter) o queso sandwich siempre disponible a peticion
 V = Vegetarian meal A la Carte: Entrée items only \$1.50 A la Carte must accompany a regular lunch order
 VO = Vegetarian Option Para una Entrada Extra \$1.50 La "Entrada Extra" tiene que acompañar un orden de almuerzo
 La Honda-Pescadero is an equal opportunity provider