



# PREPARATION ACADEMY FEBRUARY LUNCH MENU 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <b>Short Friday</b>
4 <i>Char Sui pork, White rice, egg roll</i>	5 <i>No School Lunar New Year</i>	6 <i>Lasagne with garlic bread and side salad</i>	7 <i>Pad Thai with Chicken, side salad</i>	8 <i>Steak Burrito bowl, with rice and black beans</i>
11 <i>Chicken Katsu, white rice, side salad</i>	12 <i>Taco Tuesday Chicken and Carnitas ta- cos with rice and salad</i>	13 <i>Wing Wednesday! Buffalo and BBQ wings with potato wedges</i>	14 <i>BBQ Tri trip, mashed po- tatoes, mixed veggies</i>	15 <i>Chicken tenders and waffles.</i>
18 <b>No School Presidents Day</b>	19 <b>Honey Walnut Shrimp, Fried Rice, veggies</b>	20 <b>Chicken Enchiladas, Spanish rice, mixed veg- gies</b>	21 <b>BBQ Ribs, mac and cheese, side of mixed veggies</b>	22 <b>Beef Bulgogi with white rice and mixed veggies</b>
25 <b>Pad See Ew Beef, Egg Roll</b>	26 <b>Crispy Chow Mein, with shrimp and mixed veg- gies.</b>	27 <b>Cheesesteak and Curly Fries</b>	28 <b>Chicken ravioli, tomato sauce, garlic bread, side salad</b>	

## HUSKY CAFÉ DAILY

### Entree Alternatives:

- Salad Bar
- Cheeseburgers
- Fish Burgers
- Hot dogs
- Specialty Salads
- Deli Sandwiches

### Sides:

- Pre-made Salads
- Fresh Fruit Cup
- Yogurt Parfait
- PB & J Sandwich
- Ice Cream
- Daily dessert

### Hot Alternatives:

- Loaded Baked Potato
- Quesadillas
- Soups + Bread

### Drink Options:

- Bottled Water
- Milk
- Orange Juice
- Lemonade
- Gatorade
- Snapple
- Smoothies



NUTRITION  
MANAGEMENT  
SERVICES  
COMPANY<sup>SM</sup>