**LEHIGH CAREER & TECHNICAL INSTITUTE**

**FEBRUARY 2019**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| 4 LCTI POPCORN CHIX BOWL  
CHICKEN ALFREDO  
WG DINNER ROLL  
HAM SANDWICH  
YOGURT W/ GRANOLA  
STEAMED CORN  
ROMAINE SALAD  
PINEAPPLE TIDBITS  
FRESH ORANGE  
APPLE JUICE | 5 BEEF & CHEESE NACHOS  
LETTUCE & TOMATO  
SOUTHWEST CHICKEN SALAD  
YOGURT W/ GRANOLA  
STEAMED CAULIFLOWER  
ROMAINE SALAD  
MIXED FRUIT  
WHOLE APPLE  
ORANGE PINEAPPLE JUICE | 6 WG MINI CORN DOGS  
STUFFED SHELLS  
W/ GARLIC KNOT  
HAM WRAP  
TUNA SALAD SUB  
YOGURT W/ GRANOLA  
BAKED BEANS  
ROMAINE SALAD  
CHILLED APPLESAUCE  
FRESH ORANGE  
FRUIT PUNCH | 7 HAMBURGER  
ON WG ROLL  
TAMALE PIE  
WG DINNER ROLL  
LCTI HOAGIE  
YOGURT W/ GRANOLA  
STEAMED BROCCOLI  
ROMAINE SALAD  
CHILLED Diced Pears  
FRESH ORANGE  
GRAPE JUICE  
MINI RICE KRISPY TREAT | 8 FRENCH BREAD PIZZA  
MANWICH  
CHICKEN SALAD  
WG DINNER ROLL  
YOGURT W/ GRANOLA  
STEAMED CARROTS  
ROMAINE SALAD  
CHILLED PEACHES  
WHOLE APPLE  
ORANGE JUICE |
| 9 BREADED CHICKEN PATTI  
ON WG SANDWICH ROLL  
LETTUCE & TOMATO  
COOK’S CHOICE  
TURKEY SANDWICH  
YOGURT W/ GRANOLA  
STEAMED GREEN BEANS  
ROMAINE SALAD  
PINEAPPLE TIDBITS  
FRESH ORANGE  
APPLE JUICE | 10 SNOW DAY | 11 SNOW DAY | 12 SNOW DAY | 13 SNOW DAY | 14 CHEESE STEAK  
ON WG CLUB ROLL  
COOK’S CHOICE  
TURKEY SANDWICH  
YOGURT W/ GRANOLA  
FRENCH FRIES  
ROMAINE SALAD  
MIXED FRUIT  
WHOLE APPLE  
GRAPE JUICE | 15 | | |
| 16 BREADED CHICKEN NUGGETS  
DINNER ROLL  
TORTELLINI & MEATBALLS  
W/ GARLIC KNOT  
HAM SANDWICH  
YOGURT W/ GRANOLA  
TOMATO SOUP  
GOLDFISH CRACKERS  
ROMAINE SALAD  
PINEAPPLE TIDBITS  
FRESH ORANGE  
APPLE JUICE | 17 RIBAQUE ON WG ROLL  
PULLED PORK SANDWICH  
HAM WRAP  
TUNA SALAD SUB  
YOGURT W/ GRANOLA  
FIESTATA BEANS  
ROMAINE SALAD  
CHILLED APPLESAUCE  
FRESH ORANGE  
FRUIT PUNCH | 18 ROTINI W/ MEATBALLS  
LASAGNA ROLL UPS  
W/ GARLIC KNOT  
LCTI HOAGIE  
YOGURT W/ GRANOLA  
STEAMED SPINACH  
ROMAINE SALAD  
MIXED FRUIT  
WHOLE APPLE  
GRAPE JUICE  
OATMEAL COOKIE | 19 MOZZARELLA STICKS  
W/ MARINARA SAUCE  
FISH SANDWICH  
CHICKEN SALAD  
WG DINNER ROLL  
YOGURT W/ GRANOLA  
VEGETABLE BLEN  
ROMAINE SALAD  
CHILLED PEACHES  
WHOLE APPLE  
ORANGE JUICE | 20 CALIFORNIA CHICKEN  
PATTI  
ON WG SANDWICH ROLL  
TACO SOUP  
TURKEY SANDWICH  
YOGURT W/ GRANOLA  
STEAMED BROCCOLI  
ROMAINE SALAD  
PINEAPPLE TIDBITS  
FRESH ORANGE  
APPLE JUICE |
| 21 BEEF TERIYAKI STRIPS  
EGG NOODLES  
WG DINNER ROLL  
PULLED PORK SANDWICH  
S.W. CHICKEN SALAD  
YOGURT W/ GRANOLA  
VEGETABLE BLEND  
ROMAINE SALAD  
MIXED FRUIT  
WHOLE APPLE  
ORANGE PINEAPPLE JUICE | 22 S.W. CHICKEN CHEESE STEAK  
SAUSAGE SANDWICH  
TURKEY WRAP  
YOGURT W/ GRANOLA  
STEAMED CARROTS  
ROMAINE SALAD  
CHILLED APPLESAUCE  
FRESH ORANGE  
FRUIT PUNCH  
MINI RICE KRISPY TREAT | 23 CHEESEBURGER  
ON WG ROLL  
LETTUCE & TOMATO  
TAO PIE  
TURKEY SANDWICH  
YOGURT W/ GRANOLA  
SEASONED POTATO WEDGES  
ROMAINE SALAD  
CHILLED Diced Pears  
WHOLE APPLE  
GRAPE JUICE | 24 | | | | |

**CHOICE OF DAILY MILK SELECTIONS INCLUDE: 1% WHITE, 1% CHOCOLATE, FF STRAWBERRY, SKIM AND LACTAID**

**FRESH VEGETABLES AVAILABLE DAILY PREPARED BY CULINARY ARTS PROGRAM**