



# February 2023 Breakfast Menu "A"



Monday	Tuesday	Wednesday	Thursday	Friday
<b>DAILY CEREAL OPTION</b>				
Frosted Flakes w/ Cinnamon Grahams	Apple Jacks w/ Honey Grahams <i>(w/ Banana on 1/31 &amp; 2/28)</i>	Cheerios w/ Cinnamon Grahams	Fruit Loops w/ Honey Grahams	Apple Jacks w/ Honey Grahams
<b>FEATURED ENTRÉE OF THE DAY</b>				
30	31	1	2	3
Mango Muffin	Yogurt Parfait w/ Strawberries Honey Grahams	Cinnamon Delight	Scrambled Egg Breakfast Sandwich	Blueberry Mini Muffin & String Cheese
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
6	7	8	9	10
Mantecada	Bean & Cheese Burrito <i>Hot Sauce</i>	Pan Dulce	Pancake Stack <i>Syrup</i>	Bagel w/ Cream Cheese
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
13	14	15	16	17
Banana Bread	Mini Maple Waffles	Cinnamon Roll	Chicken Sausage Breakfast Sandwich (biscuit)	Vanilla Mini Loaf & String Cheese
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
20	21	22	23	24
Holiday	Breakfast Cheese Tamale	Coffee Cake	Pancake Stack <i>Syrup</i>	Pan Dulce
	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
27	28	1	2	3
Bagel w/ Cream Cheese	Yogurt Parfait w/ Strawberries Honey Grahams	Cinnamon Roll	Scrambled Egg Breakfast Sandwich	Blueberry Mini Muffin & String Cheese
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.



# February 2023 Breakfast Menu "B"



Monday	Tuesday	Wednesday	Thursday	Friday
<b>DAILY CEREAL OPTION</b>				
Frosted Flakes w/ Cinnamon Grahams	Apple Jacks w/ Honey Grahams	Cheerios w/ Cinnamon Grahams <i>(w/ 100% Juice on 2/1 &amp; 2/1)</i>	Fruit Loops w/ Honey Grahams	Apple Jacks w/ Honey Grahams
<b>FEATURED ENTRÉE OF THE DAY</b>				
30	31	1	2	3
Mango Muffin	Cinnamon Delight	Yogurt Parfait w/ Strawberries Honey Grahams	Blueberry Mini Muffin & String Cheese	Scrambled Egg Breakfast Sandwich
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
6	7	8	9	10
Mantecada	Pan Dulce	Bean & Cheese Burrito <i>Hot Sauce</i>	Bagel w/ Cream Cheese	Pancake Stack <i>Syrup</i>
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana (1/2 c) &amp; Pear (1/2c)</i>	<i>100% Fruit Juice (4 oz)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
13	14	15	16	17
Banana Bread	Cinnamon Roll	Mini Maple Waffles	Vanilla Mini Loaf & String Cheese	Chicken Sausage Breakfast Sandwich (biscuit)
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
20	21	22	23	24
Holiday	Coffee Cake	Breakfast Cheese Tamale	Pan Dulce	Pancake Stack <i>Syrup</i>
	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
27	28	1	2	3
Bagel w/ Cream Cheese	Cinnamon Roll	Yogurt Parfait w/ Strawberries Honey Grahams	Blueberry Mini Muffin & String Cheese	Scrambled Egg Breakfast Sandwich
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>

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# February 2023 Cold Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>DAILY CEREAL OPTION</b>				
Frosted Flakes w/ Cinnamon Grahams	Apple Jacks w/ Honey Grahams <i>(w/ Banana on 1/31 &amp; 2/28)</i>	Cheerios w/ Cinnamon Grahams	Fruit Loops w/ Honey Grahams	Apple Jacks w/ Honey Grahams
<b>FEATURED ENTRÉE OF THE DAY</b>				
30	31	1	2	3
Mango Muffin	Yogurt Parfait w/ Strawberries Honey Grahams	Cinnamon Delight	Pan Dulce	Blueberry Mini Muffin & String Cheese
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
6	7	8	9	10
Mantecada	Apple Jacks w/ Honey Grahams	Pan Dulce	Blueberry Mini Muffin & String Cheese	Bagel w/ Cream Cheese
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
13	14	15	16	17
Banana Bread	Bagel w/ Cream Cheese	Cinnamon Roll	Fruit Loops w/ Honey Grahams	Vanilla Mini Loaf & String Cheese
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
20	21	22	23	24
Holiday	Apple Jacks w/ Honey Grahams	Coffee Cake	Vanilla Mini Loaf & String Cheese	Pan Dulce
	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
27	28	1	1	2
Bagel w/ Cream Cheese	Yogurt Parfait w/ Strawberries Honey Grahams	Cinnamon Roll	Pan Dulce	Blueberry Mini Muffin & String Cheese
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>

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# February 2023 K-8 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEKLY 5 FAVE</b>				
<b>Cheeseburger Oven Baked Fries</b> <i>Ketchup</i>	<b>Cheese Lasagna w/ Tomato Basil Sauce</b>	<b>Beef Nachos</b> <i>Original Popped Chips</i>	<b>Chicken Tamale w/ Seasoned Corn</b>	<b>Beef, Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>
<b>SANDWICH OF THE DAY</b>				
<b>Turkey &amp; Cheese Torta</b> <i>Side of Baked Fries Ketchup</i>	<b>Smoked Turkey &amp; Cheese Sandwich on Knot Roll</b> <i>Mayonnaise Baby Carrots (1/2 c)</i>	<b>Turkey Breast Sandwich on Whole Grain Roll</b> <i>Garbanzo Bean &amp; Corn Salad</i>	<b>Italian Turkey Submarine</b> <i>Baby Carrots (1/2 c)</i>	<b>Turkey Breast Sandwich on Whole Grain Roll</b> <i>Mayonnaise</i>
<b>Entrée Salad of the Day</b>				
		<b>Chicken Taco Salad</b> <b>Original Popped Chips</b> <i>Ranch Dressing</i>		<b>Buffalo Chicken Salad</b> <b>Original Popped Chips</b> <i>Ranch Dressing</i>
<b>FEATURED ENTRÉE OF THE DAY</b>				
30	31	1	2	3
<b>Honey Mustard Grilled Chicken Sandwich Oven Baked Fries</b>	<b>Chicken Enchiladas w/ Creamy Green Salsa</b>	<b>Chicken Burrito Bowl w/ Pinto Beans &amp; Rice</b>	<b>Breakfast for Lunch: Pancake, Chicken Sausage &amp; Seasoned Potatoes</b>	<b>Beef, Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Spinach Salad w/ Italian Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple Sauce (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
6	7	8	9	10
<b>Hot Dog Oven Baked Fries</b> <i>Ketchup</i>	<b>Chicken Alfredo Pasta w/ Steamed Broccoli</b>	<b>Turkey &amp; Bean Chili</b> <i>Corn Loaf</i>	<b>Chicken Tortilla Soup</b> <i>Tortilla Chips</i>	<b>Hamburger</b> <i>Ketchup</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Spinach, Tomato, Pickle Kit (1 c)</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Frozen Berry Cup (1/2 c)</i>	<i>Orange (1/2 c)</i>
13	14	15	16	17
<b>Chicken Patty Burger Oven Baked Fries</b> <i>Ketchup</i>	<b>Firecracker Chicken Yakisoba Noodles</b>	<b>Beef Picadillo w/ Black Beans &amp; Rice</b>	<b>Chicken Nuggets w/ Mashed Potatoes</b>	<b>BBQ Beef Rib-A-Que</b>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Celery Sticks (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Spinach Salad w/ Ranch Dressing(1 c)</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Dried Cranberries (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple Sauce (1/2 c)</i>	<i>Orange (1/2 c)</i>
20	21	22	23	24
<b>Holiday</b>	<b>Chicken Enchiladas w/ Creamy Green Salsa</b>	<b>Chicken Burrito Bowl (red salsa) w/ Pinto Beans &amp; Rice</b>	<b>Chicken Noodle Soup (1G)</b> <i>WG Cookie</i>	<b>Mac &amp; Cheese</b>
	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Spinach Salad w/ Italian Dressing (1 c)</i>
	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Frozen Berry Cup (1/2 c)</i>	<i>Orange (1/2 c)</i>
27	28	1	2	3
<b>Honey Mustard (packet) Grilled Chicken Sandwich Oven Baked Fries</b>	<b>Penne &amp; Meatballs w/ Tomato Basil Sauce</b>	<b>Chicken Fajitas w/ Refried Beans Peppers &amp; Corn</b> <i>Whole Grain Tortillas</i>	<b>Breakfast for Lunch: Pancake, Chicken Sausage &amp; Seasoned Potatoes</b> <i>Syrup</i>	<b>Beef, Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Celery Sticks (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Spinach Salad w/ Ranch Dressing(1 c)</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple Sauce (1/2 c)</i>	<i>Orange (1/2 c)</i>

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# February 2023 K-8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SANDWICH OF THE DAY</b>				
<b>Double Cheese Torta</b> <i>Side of Baked Fries</i> Ketchup	<b>Double Cheese Sandwich</b> <i>Mayonnaise</i> Baby Carrots (1/2 c)	<b>Double Cheese Sandwich</b> <i>Garbanzo Bean Salad</i>	<b>Double Cheese Sandwich</b> <i>Mayonnaise</i> Baby Carrots (1/2 c)	<b>Double Cheese Sandwich</b> <i>Mayonnaise</i>
<b>FEATURED ENTRÉE OF THE DAY</b>				
30	31	1	2	3
<b>Vegetarian Burger</b> <b>Oven Baked Fries</b> Ketchup	<b>Cheese Enchiladas</b> <b>w/ Creamy Green Salsa</b>	<b>Plant-Based Chicken</b> <b>Burrito Bowl (1 c)</b>	<b>Cheese Tamale</b> <b>w/ Seasoned Corn</b>	<b>Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Spinach Salad w/ Italian Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
6	7	8	9	10
<b>Plant-Based Chicken Tenders</b> <b>Oven Baked Fries</b> Ketchup	<b>Cheesy Penne Alfredo</b> <b>w/ Broccoli</b> <i>Dinner Roll</i>	<b>French Bread Cheese Pizza</b> <i>Garbanzo Bean Salad</i>	<b>Cheese Tamale</b> <b>w/ Seasoned Corn</b>	<b>Vegetarian Burger</b> <i>Ketchup</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Spinach, Tomato, Pickle Kit (1 c)</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Dried Cranberries (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Frozen Berry Cup (1/2 c)</i>	<i>Orange (1/2 c)</i>
13	14	15	16	17
<b>Vegetarian Burger</b> <b>Oven Baked Fries</b> Ketchup	<b>Cheese Lasagna</b> <b>w/ Tomato Basil Sauce</b>	<b>French Bread Cheese Pizza</b> <i>Garbanzo Bean Salad</i>	<b>Plant-Based Chicken Tenders</b> <b>w/ Mashed Potatoes</b> <i>Dinner Roll</i>	<b>Vegetarian Burger</b> <i>Ketchup</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Celery Sticks (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Spinach Salad w/ Ranch Dressing(1 c)</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple Sauce (1/2 c)</i>	<i>Orange (1/2 c)</i>
20	21	22	23	24
<b>Holiday</b>	<b>Cheese Enchiladas</b> <b>w/ Creamy Green Salsa</b>	<b>Plant-Based Chicken</b> <b>Burrito Bowl</b>	<b>Cheese Tamale</b> <b>w/ Seasoned Corn</b>	<b>Mac &amp; Cheese</b>
	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Spinach Salad w/ Italian Dressing (1 c)</i>
	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Frozen Berry Cup (1/2 c)</i>	<i>Orange (1/2 c)</i>
27	28	1	2	3
<b>Vegetarian Burger</b> <b>Oven Baked Fries</b> Ketchup	<b>Cheese Lasagna</b> <b>w/ Tomato Basil Sauce</b>	<b>Plant-Based Chicken Fajitas</b> <b>w/ Refried Beans &amp; Peppers</b> <b>Whole Grain Tortillas</b>	<b>Cheese Tamale</b> <b>w/ Seasoned Corn</b>	<b>Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Celery Sticks (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Spinach Salad w/ Ranch Dressing(1 c)</i>
<i>100% Fruit Juice (4 oz)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Orange (1/2 c)</i>

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# February 2023 Field Trip Lunch Menu K-12



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEATURED ENTRÉE OF THE DAY</b>				
30	31	1	2	3
Turkey & Cheese Torta Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Smoked Turkey & Cheese Sandwich on Knot Roll Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)
6	7	8	9	10
Turkey & Cheese Torta Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Smoked Turkey & Cheese Sandwich on Knot Roll Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey Breast Sandwich on Whole Grain Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Italian Turkey Submarine Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Smoked Turkey & Cheese Sandwich on Knot Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)
13	14	15	16	17
Turkey & Cheese Torta Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Smoked Turkey & Cheese Sandwich on Knot Roll Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey Breast Sandwich on Whole Grain Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Italian Turkey Submarine Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Smoked Turkey & Cheese Sandwich on Knot Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)
20	21	22	23	24
HOLIDAY	Smoked Turkey & Cheese Sandwich on Knot Roll Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Italian Turkey Submarine Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)
27	28	1	2	3
Turkey & Cheese Torta Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Smoked Turkey & Cheese Sandwich on Knot Roll Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)

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# February 2023 Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEATURED ENTRÉE OF THE DAY</b>				
30	31	1	2	3
<b>WG Cinnamon Crackers (1G)</b>	<b>WG Chex Mix (1G)</b>	<b>WG Churro Baked Chips (1G)</b>	<b>WG Apple Cinnamon Multi-Grain Bar (1G)</b>	<b>WG Pretzels (1G)</b>
<i>100% Fruit Juice (6 oz)</i>	<i>Apple (3/4 c)</i>	<i>Pear (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Pear (3/4 c)</i>
6	7	8	9	10
<b>WG Strawberry Multi-Grain Bar (1G)</b>	<b>WG Mini Vanilla Loaf (1G)</b>	<b>WG BBQ Baked Chips (1G)</b>	<b>WG Cheddar Crackers (1G)</b>	<b>Rice Krispie Treat (1G)</b>
<i>Apple (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Orange (3/4 c)</i>	<i>Apple (3/4 c)</i>	<i>Pear (3/4 c)</i>
13	14	15	16	17
<b>WG Pretzels (1G)</b>	<b>WG Nacho Baked Chips (1G)</b>	<b>WG Mini Lemon Muffin (1G)</b>	<b>Sunflower Seeds (1 MA)</b>	<b>WG Honey Crackers (1G)</b>
<i>Apple (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Orange (3/4 c)</i>	<i>Apple (3/4 c)</i>	<i>Pear (3/4 c)</i>
20	21	22	23	24
<b>HOLIDAY</b>	<b>WG Chex Mix (1G)</b>	<b>WG Churro Baked Chips (1G)</b>	<b>WG Apple Cinnamon Multi-Grain Bar (1G)</b>	<b>WG Pretzels (1G)</b>
	<i>100% Fruit Juice (6 oz)</i>	<i>Orange (3/4 c)</i>	<i>Apple (3/4 c)</i>	<i>Pear (3/4 c)</i>
27	28	1	2	3
<b>WG Strawberry Multi-Grain Bar (1G)</b>	<b>WG Mini Vanilla Loaf (1G)</b>	<b>WG BBQ Baked Chips (1G)</b>	<b>WG Cheddar Crackers (1G)</b>	<b>Rice Krispie Treat (1G)</b>
<i>Apple (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Orange (3/4 c)</i>	<i>Apple (3/4 c)</i>	<i>Pear (3/4 c)</i>
<b>All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.</b>				



# February 2023 Supper Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEATURED ENTRÉE OF THE DAY</b>				
30	31	1	2	3
<b>Chicken Tamale (2M/MA, 2 G/B)</b> <b>w/ Seasoned Corn (1/2 c veg)</b>  <i>Pear (1/2 c)</i>	<b>Smoked Turkey &amp; Cheese Sandwich on Knot Roll (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>100% Fruit Juice (1/2 c)</i>	<b>WG Cheeseburger (2M/MA)</b> <b>WG Bun (2 G/B)</b> <b>Oven Baked Fries (1/2 c veg)</b> <i>Ketchup</i>  <i>Banana (1/2 c)</i>	<b>WG Baked Ziti (1 G)</b> <b>Tomato Basil Meat Sauce (2M, 1/2 c veg)</b>  <i>Orange (1/2 c)</i>	<b>Italian Turkey Submarine (2 M/MA, 2 G)</b> <b>Celery Sticks (1/2 c)</b> <i>Mayonnaise</i>  <i>Apple (1/2 c)</i>
6	7	8	9	10
<b>Mac &amp; Cheese (2M, 1G)</b> <b>Fruitable Juice (4 oz, 1/2 c veg)</b>  <i>Orange (1/2 c)</i>	<b>Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Apple (1/2 c)</i>	<b>Chicken Enchiladas (2M/MA, 2 G/B)</b> <b>w/ Green Salsa (1/2 c veg)</b>  <i>Banana (1/2 c)</i>	<b>*PORK* Ham Dinner (1G, 2M)</b> <b>Mashed Potatoes w/ Gravy (1/2 c veg)</b> <b>WG Dinner Roll (1 G)</b>  <i>100% Fruit Juice (1/2 c)</i>	<b>Yogurt Parfait (2 MA)</b> <b>Mixed Berries (1/4 c)</b> <b>WG Honey Crackers (1 G)</b> <b>Fruitable Juice (1/2 c Veg)</b>  <i>Berries in Parfait</i>
13	14	15	16	17
<b>WG Cheese Pizza Sliders (2M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b>  <i>Orange (1/2 c)</i>	<b>Italian Turkey Submarine (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Apple (1/2 c)</i>	<b>Hot Dog (2M/MA)</b> <b>WG Bun (2 G/B)</b> <b>Oven Baked Fries (1/2 c veg)</b> <i>Ketchup</i>  <i>Banana (1/2 c)</i>	<b>WG Chicken Alfredo (2 M)</b> <b>Penne Pasta (1 G)</b> <b>Steamed Broccoli (1/2 c veg)</b>  <i>100% Fruit Juice (1/2 c)</i>	<b>Protein Pack: String Cheese (1MA)</b> <b>Sunflower Seeds (1MA)</b> <b>WG Wheat Crackers (2 G)</b> <b>Baby Carrots (1/2 c)</b>  <i>Apple (1/2 c)</i>
20	21	22	23	24
<b>HOLIDAY</b>	<b>Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Apple (1/2 c)</i>	<b>WG Beef, Bean &amp; Cheese Burrito (2M/MA, 2 G)</b> <b>Fruitable Juice (4 oz, 1/2 c veg)</b>  <i>Apple (1/2 c)</i>	<b>WG Chicken Patty Burger (2M, 1 G)</b> <b>WG Bun (2 G/B)</b> <b>Oven Baked Fries (1/2 c veg)</b> <i>Ketchup</i>  <i>100% Fruit Juice (1/2 c)</i>	<b>Yogurt Parfait (2 MA)</b> <b>Mixed Berries (1/4 c)</b> <b>WG Honey Crackers (1 G)</b> <b>Fruitable Juice (1/2 c Veg)</b>  <i>Berries in Parfait</i>
27	28	1	2	3
<b>Chicken Tamale (2M/MA, 2 G/B)</b> <b>w/ Seasoned Corn (1/2 c veg)</b>  <i>Orange (1/2 c)</i>	<b>Italian Turkey Submarine (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Apple (1/2 c)</i>	<b>WG Cheeseburger (2M/MA)</b> <b>WG Bun (2 G/B)</b> <b>Oven Baked Fries (1/2 c veg)</b> <i>Ketchup</i>  <i>Banana (1/2 c)</i>	<b>*PORK* Ham Dinner (1G, 2M)</b> <b>Mashed Potatoes w/ Gravy (1/2 c veg)</b> <b>WG Dinner Roll (1 G)</b>  <i>100% Fruit Juice (1/2 c)</i>	<b>Protein Pack: String Cheese (1MA)</b> <b>Sunflower Seeds (1MA)</b> <b>WG Wheat Crackers (2 G)</b> <b>Baby Carrots (1/2 c)</b>  <i>Apple (1/2 c)</i>
All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.				





# February 2023 Vegetarian Supper Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEATURED ENTRÉE OF THE DAY</b>				
<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>Cheese Tamale (2M/MA, 2 G/B)</b> <b>w/ Seasoned Corn (1/2 c veg)</b>	<b>Double Cheese Sandwich (2 M/MA)</b> <b>WG Bun (2 G/B)</b> <b>Celery Sticks (1/2)</b> <i>Mayonnaise</i>	<b>Vegetarian Burger (2.5 M/MA)</b> <b>WG Bun (2G)</b> <b>Oven Baked Fries (1/2 c)</b> <i>Ketchup</i>	<b>WG Cheesy Baked Ziti (2 MA, 1 G)</b> <b>Tomato Basil Sauce (1/2 c veg)</b>	<b>Protein Pack: String Cheese (1MA)</b> <b>Sunflower Seeds (1MA)</b> <b>WG Wheat Crackers (1 G)</b> <b>Baby Carrots (1/2 c)</b>
<i>Pear (1/2 c)</i>	<i>100% Fruit Juice (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Apple (1/2 c)</i>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Mac &amp; Cheese (2M, 2G)</b> <b>Fruitable Juice (4 oz, 1/2 c veg)</b>	<b>Double Cheese Sandwich (2 M/MA)</b> <b>WG Bun (2 G/B)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>	<b>Cheese Enchiladas (2M/MA, 2 G/B)</b> <b>w/ Green Salsa (1/2 c veg)</b>	<b>WG Plant-Based Chicken Tenders (2 MA)</b> <b>Mashed Potatoes (1/2 c veg)</b> <b>Honey Crackers (1 G/B)</b>	<b>Yogurt Parfait (2 MA)</b> <b>Mixed Berries (1/4 c)</b> <b>WG Honey Crackers (1 G)</b> <b>Fruitable Juice (1/2 c Veg)</b>
<i>Orange (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>100% Fruit Juice (1/2 c)</i>	<i>Berries in Parfait</i>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>WG Cheese Pizza Sliders (2M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b>	<b>Double Cheese Sandwich (2 M/MA)</b> <b>WG Bun (2 G/B)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>	<b>WG Plant-Based Chicken Tenders (2 MA)</b> <b>Oven Baked Fries (1/2 c veg)</b> <b>Honey Crackers (1 G/B)</b>	<b>WG Plant-based Chicken Alfredo (2 M)</b> <b>Penne Pasta (1 G)</b> <b>Steamed Broccoli (1/2 c veg)</b>	<b>Protein Pack: String Cheese (1MA)</b> <b>Sunflower Seeds (1MA)</b> <b>WG Wheat Crackers (2 G)</b> <b>Baby Carrots (1/2 c)</b>
<i>Orange (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>100% Fruit Juice (1/2 c)</i>	<i>Apple (1/2 c)</i>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>HOLIDAY</b>	<b>Double Cheese Sandwich (2 M/MA)</b> <b>WG Bun (2 G/B)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>	<b>WG Bean &amp; Cheese Burrito (2M/MA, 2 G)</b> <b>Fruitable Juice (4 oz, 1/2 c veg)</b>	<b>WG Vegetarian Burger (2M)</b> <b>WG Bun (2 G/B)</b> <b>Oven Baked Fries (1/2 c veg)</b> <i>Ketchup</i>	<b>Yogurt Parfait (2 MA)</b> <b>Mixed Berries (1/4 c)</b> <b>WG Honey Crackers (1 G)</b> <b>Fruitable Juice (1/2 c Veg)</b>
	<i>Apple (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>100% Fruit Juice (1/2 c)</i>	<i>Berries in Parfait</i>
<b>27</b>	<b>28</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>Cheese Tamale (2M/MA, 2 G/B)</b> <b>w/ Seasoned Corn (1/2 c veg)</b>	<b>Double Cheese Sandwich (2 M/MA)</b> <b>WG Bun (2 G/B)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>	<b>Vegetarian Burger (2.5 M/MA)</b> <b>WG Bun (2G)</b> <b>Oven Baked Fries (1/2 c)</b> <i>Ketchup</i>	<b>WG Plant-Based Chicken Tenders (2 MA)</b> <b>Mashed Potatoes (1/2 c veg)</b> <b>Honey Crackers (1 G/B)</b>	<b>Protein Pack: String Cheese (1MA)</b> <b>Sunflower Seeds (1MA)</b> <b>WG Wheat Crackers (2 G)</b> <b>Baby Carrots (1/2 c)</b>
<i>Orange (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>100% Fruit Juice (1/2 c)</i>	<i>Apple (1/2 c)</i>

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.



# February 2023 Cold Supper Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEATURED ENTRÉE OF THE DAY</b>				
<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>Turkey &amp; Cheese Sandwich on WG Torta (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Pear (1/2 c)</i>	<b>Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G)</b> <b>Jicama Sticks (1/2 c)</b> <i>Mayonnaise</i>  <i>100% Fruit Juice (1/2 c)</i>	<b>Mexican Chicken Salad (2M/A, 1 c veg)</b> <b>Tortilla Chips (2 MA)</b> <i>Hot Sauce</i>  <i>Berries in Parfait</i>	<b>Protein Pack: String Cheese (1MA)</b> <b>Sunflower Seeds (1MA)</b> <b>WG Wheat Crackers (1 G)</b> <b>Baby Carrots (1/2 c)</b>  <i>Orange (1/2 c)</i>	<b>Italian Turkey Submarine (2 M/MA, 2 G)</b> <b>Celery Sticks (1/2 c)</b> <i>Mayonnaise</i>  <i>Apple (1/2 c)</i>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Turkey &amp; Cheese Sandwich on WG Torta (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Orange (1/2 c)</i>	<b>Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Apple (1/2 c)</i>	<b>Italian Turkey Sub on WG Roll (2 M/MA, 2 G)</b> <b>Cucumber Slices (1/2 c)</b> <i>Mayonnaise</i>  <i>Banana (1/2 c)</i>	<b>Protein Pack: String Cheese (1MA)</b> <b>Sunflower Seeds (1MA)</b> <b>WG Wheat Crackers (1 G)</b> <b>Baby Carrots (1/2 c)</b>  <i>100% Fruit Juice (1/2 c)</i>	<b>Yogurt Parfait (2 MA)</b> <b>Mixed Berries (1/4 c)</b> <b>WG Honey Crackers (1 G)</b> <b>Fruitable Juice (1/2 c Veg)</b>  <i>Berries in Parfait</i>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Turkey &amp; Cheese Sandwich on WG Torta (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Orange (1/2 c)</i>	<b>Italian Turkey Sub on WG Roll (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Apple (1/2 c)</i>	<b>Turkey Breast sandwich on WG Roll (2 M/MA, 2 G)</b> <b>Celery Sticks (1/2 c)</b> <i>Mayonnaise</i>  <i>Banana (1/2 c)</i>	<b>Southwest Chicken Spinach Salad (2M/A, 1 c veg)</b> <b>BBQ Chips (1 MA)</b> <i>Ranch Dressing</i>  <i>100% Fruit Juice (1/2 c)</i>	<b>Protein Pack: String Cheese (1MA)</b> <b>Sunflower Seeds (1MA)</b> <b>WG Wheat Crackers (2 G)</b> <b>Baby Carrots (1/2 c)</b>  <i>Apple (1/2 c)</i>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>HOLIDAY</b>	<b>Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Apple (1/2 c)</i>	<b>Smoked Turkey Breast Sandwich on WG Knot Roll (2 M/MA, 2 G)</b> <b>Cucumber Slices (1/2 c)</b> <i>Mayonnaise</i>  <i>Banana (1/2 c)</i>	<b>Protein Pack: String Cheese (1MA)</b> <b>Sunflower Seeds (1MA)</b> <b>WG Wheat Crackers (1 G)</b> <b>Baby Carrots (1/2 c)</b>  <i>100% Fruit Juice (1/2 c)</i>	<b>Yogurt Parfait (2 MA)</b> <b>Mixed Berries (1/4 c)</b> <b>WG Honey Crackers (1 G)</b> <b>Fruitable Juice (1/2 c Veg)</b>  <i>Berries in Parfait</i>
<b>27</b>	<b>28</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>Turkey &amp; Cheese Sandwich on WG Torta (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Orange (1/2 c)</i>	<b>Italian Turkey Sub on WG Roll (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>  <i>Apple (1/2 c)</i>	<b>Turkey Breast sandwich on WG Roll (2 M/MA, 2 G)</b> <b>Celery Sticks (1/2 c)</b> <i>Mayonnaise</i>  <i>Banana (1/2 c)</i>	<b>Chicken Taco Spinach Salad (2M/A, 1 c veg)</b> <b>Nacho Chips (1 MA)</b> <i>Ranch Dressing</i>  <i>100% Fruit Juice (1/2 c)</i>	<b>Protein Pack: String Cheese (1MA)</b> <b>Sunflower Seeds (1MA)</b> <b>WG Wheat Crackers (2 G)</b> <b>Baby Carrots (1/2 c)</b>  <i>Apple (1/2 c)</i>
<b>All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.</b>				