

February 2023 Breakfast Menu "A"



Monday	Tuesday	Wednesday	Thursday	Friday
		DAILY CEREAL OPTION		
Frosted Flakes	Apple Jacks	Cheerios	Fruit Loops	Apple Jacks
	w/ Honey Grahams		-	
w/ Cinnamon Grahams	(w/ Banana on 1/31 & 2/28)	w/ Cinnamon Grahams	w/ Honey Grahams	w/ Honey Grahams
	FE	ATURED ENTRÉE OF THE DA	ΛΫ́	
	31 1		2	3
Mango Muffin	Yogurt Parfait w/ Strawberries Honey Grahams	Cinnamon Delight	Scrambled Egg Breakfast Sandwich	Blueberry Mini Muffin & String Cheese
Dried Cranberries (1/2 c)	Pear (1/2 c)	100% Fruit Juice (4 oz)	Orange	Pear (1/2 c)
& Apple (1/2 c)	reui (1/2 t)	& Apple (1/2 c)	& Pear (1/2 c)	& Apple (1/2 c)
	7 8		9	10
Mantecada	Bean & Cheese Burrito Hot Sauce	Pan Dulce	Pancake Stack Syrup	Bagel w/ Cream Cheese
Dried Cranberries (1/2 c)	Banana(1/2 c)	100% Fruit Juice (4 oz)	Orange	Pear (1/2 c)
& Apple (1/2 c)	& Pear (1/2 c)	& Apple (1/2 c)	& Pear (1/2 c)	& Apple (1/2 c)
,, , , ,	14 15			17
Banana Bread	Mini Maple Waffles	Cinnamon Roll	Chicken Sausage Breakfast Sandwich (biscuit)	Vanilla Mini Loaf & String Cheese
Dried Cranberries (1/2 c)	Banana(1/2 c)	100% Fruit Juice (4 oz)	Orange	Pear (1/2 c)
& Apple (1/2 c)	& Pear (1/2 c)	& Apple (1/2 c)	& Pear (1/2 c)	& Apple (1/2 c)
,, , ,	21 22			24
Holiday	Breakfast Cheese Tamale	Coffee Cake	Pancake Stack Syrup	Pan Dulce
	Banana(1/2 c)	100% Fruit Juice (4 oz)	Orange	Pear (1/2 c)
	& Pear (1/2 c)	& Apple (1/2 c)	& Pear (1/2 c)	& Apple (1/2 c)
	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
Dried Cranberries (1/2 c) & Apple (1/2 c)	Pear (1/2 c)	100% Fruit Juice (4 oz)	Orange	Pear (1/2 c)
0 Annia (1 /2 a)	1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1	& Apple (1/2 c)	& Pear (1/2 c)	& Apple (1/2 c)



February 2023 Breakfast Menu "B"



Monday	Tuesday	Wednesday	Thursday	Friday
•	•	DAILY CEREAL OPTION		•
Frosted Flakes	Apple Jacks	Cheerios	Fruit Loops	Apple Jacks
		w/ Cinnamon Grahams		
w/ Cinnamon Grahams	w/ Honey Grahams	(w/ 100% Juice on 2/1 & 2/1)	w/ Honey Grahams	w/ Honey Grahams
		FEATURED ENTRÉE OF THE DAY	,	•
	31	1	2	3
Mango Muffin	Cinnamon Delight	Yogurt Parfait w/ Strawberries Honey Grahams	Blueberry Mini Muffin & String Cheese	Scrambled Egg Breakfast Sandwich
Dried Cranberries (1/2 c)	Banana(1/2 c)	1000/ Fauit Inias (4 sa)	Orange	Pear (1/2 c)
& Apple (1/2 c)	& Pear (1/2 c)	100% Fruit Juice (4 oz)	& Pear (1/2 c)	& Apple (1/2 c)
	7	8	9	10
Mantecada	Pan Dulce	Bean & Cheese Burrito Hot Sauce	Bagel w/ Cream Cheese	Pancake Stack Syrup
Dried Cranberries (1/2 c)	Banana (1/2 c)		Orange	Pear (1/2 c)
& Apple (1/2 c)	& Pear (1/2c)	100% Fruit Juice (4 oz)	& Pear (1/2 c)	& Apple (1/2 c)
	14	15	16	17
Banana Bread	Cinnamon Roll	Mini Maple Waffles	Vanilla Mini Loaf & String Cheese	Chicken Sausage Breakfast Sandwich (biscu
Dried Cranberries (1/2 c)	Banana(1/2 c)	100% Fruit Juice (4 oz)	Orange	Pear (1/2 c)
& Apple (1/2 c)	& Pear (1/2 c)	& Apple (1/2 c)	& Pear (1/2 c)	& Apple (1/2 c)
	21		23	24
Holiday	Coffee Cake	Breakfast Cheese Tamale	Pan Dulce	Pancake Stack Syrup
	Banana(1/2 c)	100% Fruit Juice (4 oz)	Orange	Pear (1/2 c)
	& Pear (1/2 c)	& Apple (1/2 c)	& Pear (1/2 c)	& Apple (1/2 c)
	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
Dried Cranberries (1/2 c)	Banana(1/2 c)	1000/ Fruit Inica (A a-)	Orange	Pear (1/2 c)
& Apple (1/2 c)	& Pear (1/2 c)	100% Fruit Juice (4 oz)	& Pear (1/2 c)	& Apple (1/2 c)



February 2023 Cold Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		DAILY CEREAL OPTION		
Frosted Flakes w/ Cinnamon Grahams	Apple Jacks w/ Honey Grahams (w/ Banana on 1/31 & 2/28)	Cheerios w/ Cinnamon Grahams	Fruit Loops w/ Honey Grahams	Apple Jacks w/ Honey Grahams
	FI	EATURED ENTRÉE OF THE DAY	Y	
	31 1	L	2	3
Mango Muffin	Yogurt Parfait w/ Strawberries Honey Grahams	Cinnamon Delight	Pan Dulce	Blueberry Mini Muffin & String Cheese
Dried Cranberries (1/2 c) & Apple (1/2 c)	Banana(1/2 c) & Pear (1/2 c)	100% Fruit Juice (4 oz) & Apple (1/2 c)	Orange & Pear (1/2 c)	Pear (1/2 c) & Apple (1/2 c)
Mantecada	7 Apple Jacks w/ Honey Grahams	Pan Dulce	Blueberry Mini Muffin & String Cheese	Bagel w/ Cream Cheese
Dried Cranberries (1/2 c) & Apple (1/2 c)	Banana (1/2 c)	100% Fruit Juice (4 oz) & Apple (1/2 c)	Orange & Pear (1/2 c)	Pear (1/2 c) & Apple (1/2 c)
	14 1	15	16	17
Banana Bread	Bagel w/ Cream Cheese	Cinnamon Roll	Fruit Loops w/ Honey Grahams	Vanilla Mini Loaf & String Cheese
Dried Cranberries (1/2 c) & Apple (1/2 c)	Banana(1/2 c) & Pear (1/2 c)	100% Fruit Juice (4 oz) & Apple (1/2 c)	Orange & Pear (1/2 c)	Pear (1/2 c) & Apple (1/2 c)
	21 2	22	23	24
Holiday	Apple Jacks w/ Honey Grahams	Coffee Cake	Vanilla Mini Loaf & String Cheese	Pan Dulce
	Banana(1/2 c) & Pear (1/2 c)	100% Fruit Juice (4 oz) & Apple (1/2 c)	Orange & Pear (1/2 c)	Pear (1/2 c) & Apple (1/2 c)
	28 1		1	2
Bagel w/ Cream Cheese	Yogurt Parfait w/ Strawberries Honey Grahams	Cinnamon Roll	Pan Dulce	Blueberry Mini Muffin & String Cheese
Dried Cranberries (1/2 c) & Apple (1/2 c)	Banana(1/2 c) & Pear (1/2 c)	100% Fruit Juice (4 oz) & Apple (1/2 c)	Orange & Pear (1/2 c)	Pear (1/2 c) & Apple (1/2 c)



February 2023 K-8 Lunch Menu



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Monday	Tuesday	Wednesday	Thursday	Friday
		WEEKLY 5 FAVE		
Cheeseburger	Cheese Lasagna	Beef Nachos	Chicken Tamale	Beef, Bean & Cheese Burrito
Oven Baked Fries	w/ Tomato Basil Sauce	Original Popped Chips	w/ Seasoned Corn	Hot Sauce
Ketchup	wy romato basii sauce		Wy Scasonica com	That Sudec
		SANDWICH OF THE DAY		_
Turkey & Cheese Torta	Smoked Turkey & Cheese	Turkey Breast Sandwich on Whole		Turkey Breast Sandwich on Who
Side of Baked Fries	Sandwich on Knot Roll	Grain Roll	Italian Turkey Submarine	Grain Roll
Ketchup	Mayonnaise	Garbanzo Bean & Corn Salad	Baby Carrots (1/2 c)	Mayonnaise
	Baby Carrots (1/2 c)	Entrée Salad of the Day		
		Chicken Taco Salad		Buffalo Chicken Salad
		Original Popped Chips		Original Popped Chips
		Ranch Dressing		Ranch Dressing
		FEATURED ENTRÉE OF THE DAY	1	Numeri Dressing
	31	1	2	3
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Honey Mustard	Chicken Enchiladas	Chicken Burrito Bowl	Breakfast for Lunch:	Beef, Bean & Cheese Burrito
Grilled Chicken Sandwich	w/ Creamy Green Salsa	w/ Pinto Beans & Rice	Pancake, Chicken Sausage &	Hot Sauce
Oven Baked Fries	,		Seasoned Potatoes	
Oven Baked Fries in Meal (3/4 c)	Baby Carrots (1/2 c)	Jicama Sticks w/ Tajin (1/4 c)	Baby Carrots (1/4 c)	Spinach Salad w/ Italian Dressing (1
Pear (1/2 c)	Orange (1/2 c)	Banana (1/2 c)	Apple Sauce (1/2 c)	100% Fruit Juice (4 oz)
	7	8	9	10
Hat Dan				
Hot Dog Oven Baked Fries	Chicken Alfredo Pasta	Turkey & Bean Chili	Chicken Tortilla Soup	Hamburger
	w/ Steamed Broccoli	Corn Loaf	Tortilla Chips	Ketchup
Ketchup				
Oven Baked Fries in Meal (3/4 c)	Baby Carrots (1/2 c)	Cucumber Slices w/Tajin (1/4 c)	Baby Carrots (1/4 c)	Spinach, Tomato, Pickle Kit (1 c)
100% Fruit Juice (4 oz)	Orange (1/2 c)	Banana (1/2 c)	Frozen Berry Cup (1/2 c)	Orange (1/2 c)
	14	15	16	17
Chicken Patty Burger				
Oven Baked Fries	Firecracker Chicken	Beef Picadillo	Chicken Nuggets	BBQ Beef Rib-A-Que
Ketchup	Yakisoba Noodles	w/ Black Beans & Rice	w/ Mashed Potatoes	
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Oven Baked Fries in Meal (3/4 c)	Baby Carrots (1/2 c)	Celery Sticks (1/4 c)	Baby Carrots (1/4 c)	Spinach Salad w/ Ranch Dressing(1 o
100% Fruit Juice (4 oz)	Dried Cranberries (1/2 c) 21	Banana (1/2 c)	Apple Sauce (1/2 c)	Orange (1/2 c)
	21	22	23	24
	Chicken Enchiladas	Chicken Burrito Bowl (red salsa)	Chicken Noodle Soup (1G)	
Holiday	w/ Creamy Green Salsa	w/ Pinto Beans & Rice	WG Cookie	Mac & Cheese
	w/ Creamy Green Saisa	w/ Filito Bealis & Rice	WG COOKIE	
	Baby Carrots (1/2 c)	Cucumber Slices w/Tajin (1/4 c)	Baby Carrots (1/4 c)	Spinach Salad w/ Italian Dressing (1
	Orange (1/2 c)	Banana (1/2 c)	Frozen Berry Cup (1/2 c)	Orange (1/2 c)
	28		2	3
		Chicken Fajitas	Breakfast for Lunch:	
Honey Mustard (packet)	Penne & Meatballs	w/ Refried Beans	Pancake, Chicken Sausage &	Beef, Bean & Cheese Burrito
Grilled Chicken Sandwich	w/ Tomato Basil Sauce	Peppers & Corn	Seasoned Potatoes	Hot Sauce
Oven Baked Fries	• • • • • • • • • • • • • • • • • • • •	Whole Grain Tortillas	Syrup	
Oven Baked Fries in Meal (3/4 c)	Baby Carrots (1/2 c)	Celery Sticks (1/4 c)	Baby Carrots (1/4 c)	Spinach Salad w/ Ranch Dressing(1 o
100% Fruit Juice (4 oz)	Orange (1/2 c)	Banana (1/2 c)	Apple Sauce (1/2 c)	Orange (1/2 c)
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February 2023 K-8 Vegetarian Lunch Menu



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Monday	Tuesday	Wednesday	Thursday	Friday
		SANDWICH OF THE DAY		
Double Cheese Torta Side of Baked Fries Ketchup	Double Cheese Sandwich Mayonnaise Baby Carrots (1/2 c)	Double Cheese Sandwich Garbanzo Bean Salad	Double Cheese Sandwich Mayonnaise Baby Carrots (1/2 c)	Double Cheese Sandwich Mayonnaise
		FEATURED ENTRÉE OF THE DA	Ϋ́	
0	31	1	2	3
Vegetarian Burger Oven Baked Fries Ketchup	Cheese Enchiladas w/ Creamy Green Salsa	Plant-Based Chicken Burrito Bowl (1 c)	Cheese Tamale w/ Seasoned Corn	Bean & Cheese Burrito Hot Sauce
Oven Baked Fries in Meal (3/4 c)	Baby Carrots (1/2 c)	Jicama Sticks w/ Tajin (1/4 c)	Baby Carrots (1/4 c)	Spinach Salad w/ Italian Dressing (1 c)
Pear (1/2 c)	Orange (1/2 c)	Banana (1/2 c)	Apple (1/2 c)	100% Fruit Juice (4 oz)
	7	8	9	10
Plant-Based Chicken Tenders Oven Baked Fries Ketchup	Cheesy Penne Alfredo w/ Broccoli Dinner Roll	French Bread Cheese Pizza Garbanzo Bean Salad	Cheese Tamale w/ Seasoned Corn	Vegetarian Burger Ketchup
Oven Baked Fries in Meal (3/4 c)	Baby Carrots (1/2 c)	Cucumber Slices w/Tajin (1/4 c)	Baby Carrots (1/4 c)	Spinach, Tomato, Pickle Kit (1 c)
100% Fruit Juice (4 oz)	Dried Cranberries (1/2 c)	Banana (1/2 c)	Frozen Berry Cup (1/2 c)	Orange (1/2 c)
3	14	15	16	17
Vegetarian Burger Oven Baked Fries Ketchup	Cheese Lasagna w/ Tomato Basil Sauce	French Bread Cheese Pizza Garbanzo Bean Salad	Plant-Based Chicken Tenders w/ Mashed Potatoes Dinner Roll	Vegetarian Burger Ketchup
Oven Baked Fries in Meal (3/4 c)	Baby Carrots (1/2 c)	Celery Sticks (1/4 c)	Baby Carrots (1/4 c)	Spinach Salad w/ Ranch Dressing(1 c)
100% Fruit Juice (4 oz)	Orange (1/2 c)	Banana (1/2 c)	Apple Sauce (1/2 c)	Orange (1/2 c)
)	21	22	23	24
Holiday	Cheese Enchiladas w/ Creamy Green Salsa	Plant-Based Chicken Burrito Bowl	Cheese Tamale w/ Seasoned Corn	Mac & Cheese
Holiday				Mac & Cheese Spinach Salad w/ Italian Dressing (1 c)
Holiday	w/ Creamy Green Salsa	Burrito Bowl	w/ Seasoned Corn	
ŕ	w/ Creamy Green Salsa Baby Carrots (1/2 c)	Burrito Bowl Cucumber Slices w/Tajin (1/4 c)	w/ Seasoned Corn Baby Carrots (1/4 c)	Spinach Salad w/ Italian Dressing (1 c)
ŕ	w/ Creamy Green Salsa Baby Carrots (1/2 c) Orange (1/2 c)	Burrito Bowl Cucumber Slices w/Tajin (1/4 c)	w/ Seasoned Corn Baby Carrots (1/4 c)	Spinach Salad w/ Italian Dressing (1 c)
7 Vegetarian Burger Oven Baked Fries	w/ Creamy Green Salsa Baby Carrots (1/2 c) Orange (1/2 c) Cheese Lasagna	Burrito Bowl Cucumber Slices w/Tajin (1/4 c) Banana (1/2 c) Plant-Based Chicken Fajitas w/ Refried Beans & Peppers	w/ Seasoned Corn Baby Carrots (1/4 c) Frozen Berry Cup (1/2 c) Cheese Tamale	Spinach Salad w/ Italian Dressing (1 c) Orange (1/2 c) Bean & Cheese Burrito



February 2023 Field Trip Lunch Menu K-12



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Monday	Tuesday	Wednesday	Thursday	Friday
		FEATURED ENTRÉE OF THE DA	Υ	
	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)
	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 Knot Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)
	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 (40z)	Smoked Turkey & Cheese Sandwich Knot Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)
	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 (40z)	Italian Turkey Submarine Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (40z)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)
	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)



February 2023 Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		FEATURED ENTRÉE OF THE DA	Υ	
0	31	1	2	3
WG Cinnamon Crackers (1G)	WG Chex Mix (1G)	WG Churro Baked Chips (1G)	WG Apple Cinnamon Multi-Grain Bar (1G)	WG Pretzels (1G)
100% Fruit Juice (6 oz)	Apple (3/4 c)	Pear (3/4 c)	100% Fruit Juice (6 oz)	Pear (3/4 c)
	7	8	9	10
WG Strawberry Multi-Grain Bar (1G)	WG Mini Vanilla Loaf (1G)	WG BBQ Baked Chips (1G)	WG Cheddar Crackers (1G)	Rice Krispie Treat (1G)
Apple (3/4 c)	100% Fruit Juice (6 oz)	Orange (3/4 c)	Apple (3/4 c)	Pear (3/4 c)
3	14	15	16	17
WG Pretzels (1G)	WG Nacho Baked Chips (1G)	WG Mini Lemon Muffin (1G)	Sunflower Seeds (1 MA)	WG Honey Crackers (1G)
Apple (3/4 c)	100% Fruit Juice (6 oz)	Orange (3/4 c)	Apple (3/4 c)	Pear (3/4 c)
0	21	22	23	24
HOLIDAY	WG Chex Mix (1G)	WG Churro Baked Chips (1G)	WG Apple Cinnamon Multi-Grain Bar (1G)	WG Pretzels (1G)
	100% Fruit Juice (6 oz)	Orange (3/4 c)	Apple (3/4 c)	Pear (3/4 c)
7	28	1	2	3
WG Strawberry Multi-Grain Bar (1G)	WG Mini Vanilla Loaf (1G)	WG BBQ Baked Chips (1G)	WG Cheddar Crackers (1G)	Rice Krispie Treat (1G)
Apple (3/4 c)	100% Fruit Juice (6 oz)	Orange (3/4 c)	Apple (3/4 c)	Pear (3/4 c)
All g	rain items offered are Whole Grain Rich. Th	is institution is an equal opportunity provid	er. Menus are subject to change without r	otice.



February 2023 Supper Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	F	EATURED ENTRÉE OF THE DAY		
	31	1	2	3
Chicken Tamale (2M/MA, 2 G/B) w/ Seasoned Corn (1/2 c veg)	Smoked Turkey & Cheese Sandwich on Knot Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise	WG Cheeseburger (2M/MA) WG Bun (2 G/B) Oven Baked Fries (1/2 c veg) Ketchup	WG Baked Ziti (1 G) Tomato Basil Meat Sauce (2M, 1/2 c veg)	Italian Turkey Submarine (2 M/MA, 2 G) Celery Sticks (1/2 c) Mayonnaise
Pear (1/2 c)	100% Fruit Juice (1/2 c)	Banana (1/2 c)	Orange (1/2 c)	Apple (1/2 c)
	7	8	9	10
Mac & Cheese (2M, 1G) Fruitable Juice (4 oz, 1/2 c veg)	Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise	Chicken Enchiladas (2M/MA, 2 G/B) w/ Green Salsa (1/2 c veg)	*PORK* Ham Dinner (1G, 2M) Mashed Potatoes w/ Gravy (1/2 c veg) WG Dinner Roll (1 G)	Yogurt Parfait (2 MA) Mixed Berries (1/4 c) WG Honey Crackers (1 G) Fruitable Juice (1/2 c Veg)
Orange (1/2 c)	Apple (1/2 c)	Banana (1/2 c)	100% Fruit Juice (1/2 c)	Berries in Parfait
	14	15	16	17
WG Cheese Pizza Sliders (2M/MA, 2 G) Baby Carrots (1/2 c)	Italian Turkey Submarine (2 M/MA, 2 G) Baby Carrots (1/2 c) <i>Mayonnaise</i>	Hot Dog (2M/MA) WG Bun (2 G/B) Oven Baked Fries (1/2 c veg) Ketchup	WG Chicken Alfredo (2 M) Penne Pasta (1 G) Steamed Broccoli (1/2 c veg)	Protein Pack: String Cheese (1MA) Sunflower Seeds (1MA) WG Wheat Crackers (2 G) Baby Carrots (1/2 c)
Orange (1/2 c)	Apple (1/2 c)	Banana (1/2 c)	100% Fruit Juice (1/2 c)	Apple (1/2 c)
	21	22	23	24
HOLIDAY	Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise	WG Beef, Bean & Cheese Burrito (2M/MA, 2 G) Fruitable Juice (4 oz, 1/2 c veg)	WG Chicken Patty Burger (2M, 1 G) WG Bun (2 G/B) Oven Baked Fries (1/2 c veg) Ketchup	Yogurt Parfait (2 MA) Mixed Berries (1/4 c) WG Honey Crackers (1 G) Fruitable Juice (1/2 c Veg)
	Apple (1/2 c)	Apple (1/2 c)	100% Fruit Juice (1/2 c)	Berries in Parfait
	28	1	2	3
Chicken Tamale (2M/MA, 2 G/B) w/ Seasoned Corn (1/2 c veg)	Italian Turkey Submarine (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise	WG Cheeseburger (2M/MA) WG Bun (2 G/B) Oven Baked Fries (1/2 c veg) Ketchup	*PORK* Ham Dinner (1G, 2M) Mashed Potatoes w/ Gravy (1/2 c veg) WG Dinner Roll (1 G)	Protein Pack: String Cheese (1MA) Sunflower Seeds (1MA) WG Wheat Crackers (2 G) Baby Carrots (1/2 c)
Orange (1/2 c)	Apple (1/2 c)	Banana (1/2 c)	100% Fruit Juice (1/2 c)	Apple (1/2 c)
	f 1% milk or fat free milk. All grain items offere		, . ,	



February 2023 Vegetarian Supper Menu



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



February 2023 Cold Supper Menu



Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Orange (1/2 c) HOLIDAY Apple (1/2 c) Apple (1/2 c) Baby Carrots (1/2 c) Mayonnaise Apple (1/2 c) Baby Carrots (1/2 c) Mayonnaise Apple (1/2 c) Banana (1/2 c) Banana (1/2 c) Banana (1/2 c) Smoked Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Apple (1/2 c) Smoked Turkey Breast Sandwich on WG Knot Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Apple (1/2 c) Banana (1/2 c) Smoked Turkey Breast Sandwich on WG Knot Roll (2 M/MA, 2 G) Cucumber Slices (1/2 c) Mayonnaise Apple (1/2 c) Banana (1/2 c)	Monday	Tuesday	Wednesday	Thursday	Friday
Turkey & Cheese Sandwich on WG Tortat (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Peur (1/2 c) Turkey Breast Sandwich on WG Tortat (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Peur (1/2 c) Turkey & Cheese Sandwich on WG Tortat (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Tortat (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Tortat (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Tortat (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Tortat (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Tortat (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Tortat (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Tortat (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Tortat (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Moyonnaise Mosonnaise Mosonnaise Mosonnaise Mosonnaise Mosonnaise Mosonnaise Mosonnaise Moyonnaise			FEATURED ENTRÉE OF THE DA	Υ	
Mayonnaise		31	1	2	3
Turkey & Cheese Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Orange (1/2 c) Apple (1/2 c) Apple (1/2 c) Apple (1/2 c) Banana (1/2 c) Apple (1/2 c) Banana (1/2 c) Apple (1/2 c) Banana (1/2 c) Apple (1/2 c) Banana (1/2 c) Banana (1/2 c) Apple (1/2 c) Banana	Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c)	Whole Grain Roll (2 M/MA, 2 G) Jicama Sticks (1/2 c)	(2M/A, 1 c veg) Tortilla Chips (2 MA)	Sunflower Seeds (1MA) WG Wheat Crackers (1 G)	(2 M/MA, 2 G) Celery Sticks (1/2 c)
Turkey & Cheese Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Orange (1/2 c) Moyonnaise Turkey & Cheese Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Orange (1/2 c) Moyonnaise Turkey & Cheese Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey & Cheese Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey & Cheese Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey & Cheese Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Moyonnaise Turkey Breast Sandwich	Pear (1/2 c)	100% Fruit Juice (1/2 c)	Berries in Parfait	Orange (1/2 c)	Apple (1/2 c)
Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Baby C		7	8	9	10
Turkey & Cheese Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Orange (1/2 c) HOLIDAY Turkey & Cheese Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise HOLIDAY HOLIDAY Italian Turkey Sub on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Draw Baby Carrots (1/2 c) Mayonnaise Apple (1/2 c) Baby Carrots (1/2 c) Mayonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Apple (1/2 c) Baby Carrots (1/2 c) Mayonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Apple (1/2 c) Baby Carrots (1/2 c) Mayonnaise Turkey & Cheese Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Apple (1/2 c) Baby Carrots (1/2 c) Mayonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Turkey Breast Sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Apple (1/2 c) Banana (Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c)	Whole Grain Roll (2 M/MA, 2 G) Baby Carrots (1/2 c)	(2 M/MA, 2 G) Cucumber Slices (1/2 c)	Sunflower Seeds (1MA) WG Wheat Crackers (1 G)	Mixed Berries (1/4 c) WG Honey Crackers (1 G)
Turkey & Cheese Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Orange (1/2 c) HOLIDAY Italian Turkey Sub on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Italian Turkey Sub on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Orange (1/2 c) Apple (1/2 c) Apple (1/2 c) Apple (1/2 c) Apple (1/2 c) Banana (1/2	Orange (1/2 c)	Apple (1/2 c)	Banana (1/2 c)	100% Fruit Juice (1/2 c)	Berries in Parfait
Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Orange (1/2 c) HOLIDAY HOLIDAY Apple (1/2 c) Baby Carrots (1/2 c) Mayonnaise Apple (1/2 c) Banana (1/2 c) Apple (1/2 c) Banana (1/2 c)		14	15	16	17
HOLIDAY Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Apple (1/2 c) Baby Carrots (1/2 c) Mayonnaise Turkey & Cheese Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Apple (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Apple (1/2 c) Banana (1	Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c)	(2 M/MA, 2 G) Baby Carrots (1/2 c)	WG Roll (2 M/MA, 2 G) Celery Sticks (1/2 c)	(2M/A, 1 c veg) BBQ Chips (1 MA)	WG Wheat Crackers (2 G)
HOLIDAY Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Protein Pack: String Cheese (1MA) Sunflower Seeds (1MA) WG Wheat Crackers (1 G) Baby Carrots (1/2 c) WG Wheat Crackers (1 G) Baby Carrots (1/2 c) WG Wheat Crackers (1 G) Baby Carrots (1/2 c) WG Honey Crackers (1 G) Fruitable Juice (1/2 c Veg)	Orange (1/2 c)	Apple (1/2 c)	Banana (1/2 c)	100% Fruit Juice (1/2 c)	Apple (1/2 c)
HOLIDAY Whole Grain Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Apple (1/2 c) Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Italian Turkey Sub on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Italian Turkey Sub on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Protein Pack: String Cheese (1MA) Sunflower Seeds (1MA) WG Wheat Crackers (1 G) Baby Carrots (1/2 c) WG Honey Crackers (1 G) Fruitable Juice (1/2 c Veg) Berries in Parfait Turkey Breast sandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Protein Pack: String Cheese (1MA) Wixed Berries (1/4 c) WG Honey Crackers (1 G) Fruitable Juice (1/2 c) Berries in Parfait Turkey Breast sandwich on WG Roll (2 M/MA, 2 G) Chicken Taco Spinach Salad (2 M/A, 1 c veg) Sunflower Seeds (1MA) Sunflower Seeds (1MA) WG Roll (2 M/MA, 2 G) Sunflower Seeds (1MA) Sunflower S		21	22	23	24
Turkey & Cheese Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Orange (1/2 c) Apple (1/2 c) Apple (1/2 c) Baby Carrots (1/2 c) Apple (1/2 c)	HOLIDAY	Whole Grain Roll (2 M/MA, 2 G) Baby Carrots (1/2 c)	WG Knot Roll (2 M/MA, 2 G) Cucumber Slices (1/2 c)	Sunflower Seeds (1MA) WG Wheat Crackers (1 G)	Mixed Berries (1/4 c) WG Honey Crackers (1 G)
Turkey & Cheese Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Orange (1/2 c) Apple (1/2 c) Baby Carrots (1/2 c) Banana (1/2 c) Turkey Breast sandwich on WG Roll (2 M/MA, 2 G) WG Roll (2 M/MA, 2 G) (2 M/MA, 1 c veg) (2 M/MA, 1 c veg) Nacho Chips (1 MA) WG Wheat Crackers (2 G) Baby Carrots (1/2 c) Banana (1/2 c) Chicken Taco Spinach Salad (2 M/A, 1 c veg) Nacho Chips (1 MA) WG Wheat Crackers (2 G) Baby Carrots (1/2 c) Baby Carrots (1/2 c) Apple (1/2 c) Apple (1/2 c)		Apple (1/2 c)	Banana (1/2 c)	100% Fruit Juice (1/2 c)	Berries in Parfait
Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Orange (1/2 c) Apple (1/2 c) Apple (1/2 c) Bandwich on WG Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise Turkey Breast sandwich on WG Roll (2 M/MA, 2 G) WG Roll (2 M/MA, 2 G) (2 M/MA, 1 c veg) Nacho Chips (1 MA) WG Wheat Crackers (2 G) Baby Carrots (1/2 c) Banana (1/2 c) Banana (1/2 c) Turkey Breast sandwich on WG Roll (2 M/MA, 2 G) (2 M/MA, 1 c veg) Nacho Chips (1 MA) WG Wheat Crackers (2 G) Baby Carrots (1/2 c) Apple (1/2 c) Apple (1/2 c) Apple (1/2 c) Apple (1/2 c)		28	1	2	3
	Sandwich on WG Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise	(2 M/MA, 2 G) Baby Carrots (1/2 c)	WG Roll (2 M/MA, 2 G) Celery Sticks (1/2 c) Mayonnaise	(2M/A, 1 c veg) Nacho Chips (1 MA) Ranch Dressing	WG Wheat Crackers (2 G) Baby Carrots (1/2 c)
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