

February

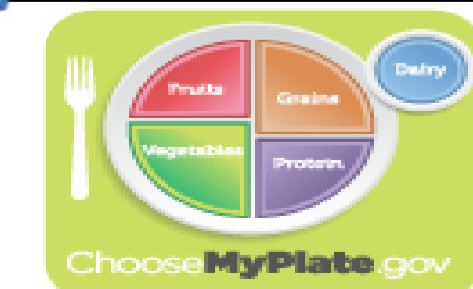
2022

Breakfast/Lunch Menu

| BREAKFAST MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|---|
| M/MA or Grains Fruit or Veg Milk | **WG Cheerios/Corn Flakes Diced Pears, Apple Juice | **WG French Toast Sticks Mixed Fruit, Orange Juice K5-String Cheese/Graham Cracker | Egg Patty, **WG Slice Bread Mandarin Orange, Fruit Punch Juice K5-Cereal Bar | **WG Pancakes Applesauce, Apple Juice K5-Yogurt/Graham Cracker | **WG Cheerios/Corn Flakes Diced Peaches, Orange Juice |
| LUNCH MEAL PATTERN |      | | | | |
| M/MA Vegetables Fruit Grains Milk |  | 2/1/2022 | 2/2/2022 | 2/3/2022 | 2/4/2022 |
| | | Chicken Alfredo Broccoli Cuts/Cucumbers Diced Pears **WG Pasta <i>Condiment: Ranch</i> | Cuban Black Beans Peas/Cherry Tomato Mixed Fruit Brown Rice <i>Condiment: Ranch</i> | Cheeseburger Baked Fries/Fresh Cauliflower Mandarin Orange **WG Bun <i>Condiment: Ketchup/Ranch</i> | Turkey Ham & Cheese Green Beans/Celery Sticks Fresh Apple **WG Slice Bread <i>Condiment: Mayo/Ranch</i> |
| M/MA Vegetables Fruit Grains Milk | 2/7/2022 | 2/8/2022 | 2/9/2022 | 2/10/2022 | 2/11/2022 |
| | Chicken Taco Vegetarian Beans/Cucumbers Applesauce Taco Shell <i>Condiment: Ranch/Salsa</i> | **Mozzarella Pizza Sticks Sweet Corn/Baby Carrots Diced Peaches <i>Condiment: Marinara Sauce/Ranch</i> | Pork BBQ Fresh Broccoli/Celery Sticks Banana **WG Bun <i>Condiment: Ranch</i> | Mac & Cheese Peas & Carrots/Cherry Tomato Diced Pears <i>Condiment: Ranch</i> | Lasagna Mixed Veggies/Cauliflower Grapes Cookie |
| M/MA Vegetables Fruit Grains Milk | 2/14/2022 | 2/15/2022 | 2/16/2022 | 2/17/2022 | 2/18/2022 |
| | Beef Patty Mashed Potato/Broccoli Cuts Mixed Fruit *Dinner Roll <i>Condiment: Salsa</i> | Chicken Fajitas Vegetarian Beans Mandarin Orange **WG Tortilla <i>Condiment: Salsa</i> | Meatballs Sweet Corn/Cucumbers Slice Peaches **WG Penne Pasta <i>Condiment: Ranch</i> | Bean Tostadas Peas/Lettuce/Tomato/Cheese Fresh Orange <i>Condiment: Salsa</i> | Turkey Hot Dog Tater Tots/Baby Carrots Applesauce **WG Bun/Cookie <i>Condiment: Ketchup/Ranch</i> |
| M/MA Vegetables Fruit Grains Milk | 2/21/2022 | 2/22/2022 | 2/23/2022 | 2/24/2022 | 2/25/2022 |
| | BBQ Chicken Sliced Carrots/Fresh Cauliflower Diced Peaches **WG Bun <i>Condiment: Ranch</i> | Cheese Quesadilla Refried Beans/Cucumbers Golden Apple <i>Condiment: Ranch</i> | **WG Chicken Nuggets Baked Fries/Broccoli Cuts Mixed Fruit <i>Condiment: Ketchup</i> | Turkey Ham & Cheese Green Beans/Celery Sticks Banana **WG Slice Bread <i>Condiment: Mayo/Ranch</i> | Parent Teacher Conferences No Student Attendance |
| M/MA Vegetables Fruit Grains Milk | 2/28/2022 |  <h1 style="color: red;">FRIENDSHIP</h1> | | | |
| | Professional Day No Student Attendance | | | | |



*Whole Wheat
**Whole Grain
***All meals include ½ pint of milk. Students may choose 1% low-fat Unflavored or Fat Free Flavored Milk



February 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| **WG Cheerios Corn Flakes Diced Pears Apple Juice | 14 **WG French Toast Sticks 16 Mixed Fruit 13 Orange Juice 14 Graham Cracker K5-String Cheese | 26 Egg Patty 17 **WG Slice Bread 13 Mandarin Orange 11 Fruit Punch Juice 2 K5-Cereal Bar | 1 **WG Pancakes 13 Applesauce, Apple Juice 13 Apple Juice 14 Graham Cracker 25 K5-Yogurt | **WG Cheerios Corn Flakes Diced Peaches Orange Juice |
| | 2/1/2022 | 2/2/2022 | 2/3/2022 | 2/4/2022 |
| | Chicken Alfredo Broccoli Cuts Diced Pears Cucumbers Ranch | 40 Cuban Black Beans 5 Peas 21 Mixed Fruit 5 Brown Rice 8 Cherry Tomato Ranch | 34 Cheeseburger 9 Baked Fries 17 Mandarin Orange 36 **WG Bun 5 Fresh Cauliflower 8 Ketchup Ranch | 2 Turkey Ham & Cheese 22 Green Beans 17 Fresh Apple 26 **WG Slice Bread 5 Celery Sticks 2 Mayo 8 Ranch |
| 2/7/2022 | 2/8/2022 | 2/9/2022 | 2/10/2022 | 2/11/2022 |
| Chicken Taco Vegetarian Beans Applesauce Taco Shell Cucumbers Ranch salsa | 1 **Mozzarella Pizza Sticks 29 Sweet Corn 22 Diced Peaches 20 Baby carrots 5 Marinara sauce 8 Ranch 2 | 15 Pork BBQ 15 Fresh Broccoli 16 Banana 7 **WG Bun 10 Celery Sticks 8 Ranch | 12 Mac & Cheese 8 Peas & Carrots 27 Diced Pears 26 Cherry Tomato 1 Ranch 8 | 28 Lasagna 9 Mixed Veggies 21 Grapes 5 Cookie 8 Cauliflower |
| 2/14/2022 | 2/15/2022 | 2/16/2022 | 2/17/2022 | 2/18/2022 |
| Beef Patty Mashed Potato Mixed Fruit *Dinner Roll Broccoli Cuts | 1 Chicken Fajitas 19 Vegetarian Beans 17 Mandarin Orange 15 **WG Tortilla 5 salsa | 28 Meatballs 29 Sweet Corn 17 Slice Peaches 21 **WG Penne Pasta 2 Cucumbers Ranch | 1 Bean Tostadas 15 Peas 16 Fresh Orange 39 Lettuce 5 Tomato 8 Cheese Salsa | 35 Turkey Hot Dog 9 Tater Tots 11 Applesauce 1 **WG Bun 6 Baby Carrots 2 Cookie 2 Ketchup Ranch |
| 2/21/2022 | 2/22/2022 | 2/23/2022 | 2/24/2022 | 2/25/2022 |
| BBQ Chicken Sliced Carrots Diced Peaches **WG Bun Fresh Cauliflower Ranch | 8 Cheese Quesadilla 6 Refried Beans 16 Golden Apple 26 Cucumbers 5 Ranch 8 | 32 **WG Chicken Nuggets 25 Baked Fries 34 Mixed Fruit 5 Broccoli Cuts 8 Ketchup | 16 Turkey Ham & Cheese 22 Green Beans 17 Banana 5 **WG Slice Bread 2 Celery Sticks Mayo Ranch | 3 4 27 Parent Teacher Conferences No Student Attendance 15 1 2 8 |
| 2/28/2022 |  | | | Milk Count in Grams (gm) per 8 oz carton: 1% White Milk Fat Free Chocolate Milk Lactose free Milk Soy Milk |
| Professional Day No Student Attendance | | | | |

*Whole Wheat
 **Whole Grain
 ***All meals include ½ pint of milk. Students may choose 1% low-fat Unflavored or Fat Free Flavored Milk

