

Breakfast Menu

February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Fruit Loops Whole Grain Bites Fruit Milk</p>	<p>4</p> <p>Cheese Tamale Fruit Milk</p>	<p>5</p> <p>Coffee Cake Fruit Milk</p>	<p>6</p> <p>Pan Dulce 100% Fruit Juice Fruit Milk</p>	<p>7</p> <p>Egg, Cheese & Beef Chorizo Burrito Fruit Milk</p>
<p>10</p> <p>Frosted Flakes Cereal Whole Grain Bites Fruit Milk</p>	<p>11</p> <p>Cheese Tamale Fruit Milk</p>	<p>12</p> <p>Mango Bar Fruit Milk</p>	<p>13</p> <p>Pan Dulce 100% Fruit Juice Fruit Milk</p>	<p>14</p> <p>Strawberry Pancake Bites Fruit Milk</p>
<p>17</p>	<p>18</p> <p>Apple Jacks Cereal Whole Grain Bites Fruit Milk</p>	<p>19</p> <p>French Toast Sticks Fruit Milk</p>	<p>20</p> <p>Banana Bread 100% Fruit Juice Fruit Milk</p>	<p>21</p> <p>Chicken & Waffle *V: Waffles* Syrup Fruit Milk</p>
<p>24</p> <p>Fruit Loops Whole Grain Bites Fruit Milk</p>	<p>25</p> <p>Bean & Cheese Burrito Hot Sauce Fruit Milk</p>	<p>26</p> <p>Pan Dulce Fruit Milk</p>	<p>27</p> <p>Cranberry Oatmeal Round 100% Fruit Juice Fruit Milk</p>	<p>28</p> <p>Pancake & *Pork* Sausage V: Pancakes Syrup Fruit Milk</p>

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Breakfast includes 2 grains or 1 grain and 1 meat alternate, 1 cup fruit serving, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.



Lunch Specials



February 2020

Wednesday February 5th	Monday February 10th	Tuesday February 18th	Thursday February 27th
Carnitas Nachos with Tortilla Chips	Caribbean Chicken Leg w/ Southern Rice	Bacon Swiss Cheeseburger	Chef Antonia Lofaso's Build Your Own Chicken Tinga Tostada
Layers of refried beans, cheddar cheese, and creamy cheese sauce, topped with juicy pork Carnitas. Served with tortilla chips perfect for dipping!	A juicy chicken leg tossed in tangy jerk sauce served with a side of Caribbean inspired rice with pieces of ground beef, bell peppers and kidney beans.	Our beef burger patty, topped with bacon slices and swiss cheese. Served with oven baked fries.	CHEF'S SPECIAL Shredded chicken seasoned with chipotle and spicy chili sauce. Served with Spanish rice, refried beans and a crunchy tostada!
			

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Lunch includes one entrée, vegetable, 1/2 cup fruit serving, and fat free white milk or 1% white milk.

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Lunch Menu

February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3 Vegetarian Lunch (8) Chicken Alfredo (90) Vegetable Packet K8 (74) LN Whole Fruit K8 (74) 1% White Milk (20)	4 Vegetarian Lunch (8) Beef Hot Dog, Oven Baked Fries (95) Starchy Vegetable K8 (103) LN 100% Fruit Juice K8 (103)	5 Vegetarian Lunch (8) Chicken Tortilla Soup (90) Vegetable Packet K8 (74) 1% White Milk (20) Fat Free Chocolate Milk (59)	6 Vegetarian Lunch (8) Hamburger (95) Side Salad K8 (41) LN Whole Fruit K8 (77) 1% White Milk (21)	7 Vegetarian Lunch (8) Teriyaki Chicken, Not So Fried Rice (90) Vegetable Packet K8 (74) LN 100% Fruit Juice K8 (98)
10 Vegetarian Lunch (8) Lunch Special - Caribbean Chicken Leg w/ Southern Rice (95) Vegetable Packet K8 (77)	11 Vegetarian Lunch (8) Cheeseburger, Oven Baked Fries (95) Starchy Vegetable K8 (103) LN 100% Fruit Juice K8 (103)	12 Vegetarian Lunch (8) Albondigas Soup (90) Vegetable Packet K8 (74) 1% White Milk (20) Fat Free Chocolate Milk (59)	13 Vegetarian Lunch (8) Italian Pasta Salad w/Chicken (90) Side Salad K8 (39) LN Whole Fruit K8 (74)	14 Vegetarian Lunch (8) Popcorn Chicken, Cheesy Mashed Potatoes, Steamed Corn (85) Vegetable Packet K8 (70)
17	18	19	20	21
24 Vegetarian Lunch (8) Chicken Tamal, Mixed Vegetables (90) Vegetable Packet K8 (74) LN Whole Fruit K8 (74)	25 Vegetarian Lunch (8) Turkey & Cheese Sandwich (90) Starchy Vegetable K8 (98) LN 100% Fruit Juice K8 (98) 1% White Milk (20)	26 Vegetarian Lunch (8) Deli Chicken & Cheese Sandwich (90) Vegetable Packet K8 (74) 1% White Milk (20)	27 Vegetarian Lunch (8) Lunch Special- Tinga Tostadas (95) Side Salad K8 (41) LN Whole Fruit K8 (77)	28 Vegetarian Lunch (8) Chicken Burrito Bowl w/ Brown Rice & Veggies (90) Vegetable Packet K8 (74) LN 100% Fruit Juice K8 (98)

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Vegetarian Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
3 Plant-Based "Chicken" Alfredo <i>Steamed Broccoli</i> <i>Baby Carrots</i> <i>Fruit</i> <i>Milk</i>	4 Vegetarian Burger <i>Oven Baked Fries</i> <i>Celery Sticks w/ Ranch</i> <i>100% Fruit Juice</i> <i>Milk</i>	5 Cheese Nachos Tortilla Chips <i>Baby Carrots</i> <i>Fruit Cup & Fruit</i> <i>Milk</i>	6 Vegetarian Burger <i>Pickles, Tomato, & Lettuce Kit</i> <i>Fruit</i> <i>Milk</i>	7 Plant-Based "Chicken" Teriyaki Not So Fried Rice <i>Edamame Beans</i> <i>100% Fruit Juice</i> <i>Milk</i>
10 Bean & Cheese Chili Popped Corn Chips <i>Baby Carrots</i> <i>Fruit</i> <i>Milk</i>	11 Vegetarian Burger <i>Potato Wedges</i> <i>100% Fruit Juice</i> <i>Milk</i>	12 Plant-Based "Chicken" Spaghetti <i>Baby Carrots</i> <i>Fruit Cup</i> <i>Milk</i>	13 Bean & Cheese Burrito <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	14 Plant-Based "Chicken" Tenders Cheesy Mashed Potatoes Steamed Corn <i>Holiday Cookie</i> <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>
17	18 Vegetarian Burger <i>Oven Baked Fries</i> <i>100% Fruit Juice</i> <i>Milk</i>	19 Cheese Nachos Tortilla Chips <i>Baby Tomatoes</i> <i>Fruit Cup</i> <i>Milk</i>	20 Plant-Based "Chicken" Alfredo <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	21 Plant-Based "Chicken" Tenders Cheesy Mashed Potatoes <i>Dinner Roll</i> <i>Baby Carrots</i> <i>Fruit</i> <i>Milk</i>
24 Cheese Tamale Mixed Vegetables <i>Baby Carrots</i> <i>Fruit</i> <i>Milk</i>	25 Bean Chili Cheese Fries Potato Wedges <i>100% Fruit Juice</i> <i>Milk</i>	26 Cheesy Baked Ziti <i>Edamame Beans</i> <i>Fruit Cup</i> <i>Milk</i>	27 Vegetarian Burger <i>Pickles, Tomato, & Lettuce Kit</i> <i>Fruit</i> <i>Milk</i>	28 Bean & Cheese Burrito Bowl w/ Rice & Vegetables <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>

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Snack Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Churro Chips 100% Fruit Juice (6 oz)	4 Rice Krispies Treats Fruit (3/4 c)	5 Cheez-its 100% Fruit Juice (6 oz)	6 Multi-Grain Bar Fruit (3/4c)	7 Cereal Pouch 100% Fruit Juice (6 oz)
10 Chocolate Granola 100% Fruit Juice (6oz)	11 Animal Crackers Fruit (3/4 c)	12 Baked BBQ Chips 100% Fruit Juice (6 oz)	13 Rice Krispies Treats Fruit (3/4 c)	14 Cereal Pouch 100% Fruit Juice (6 oz)
17 Presidents Day	18 Cinnamon Gripz Fruit (3/4 c)	19 Chex Mix Original 100% Fruit Juice (6 oz)	20 Multi-Grain Bar Fruit (3/4c)	21 Cheese Puffs 100% Fruit Juice (6 oz)
24 Baked Churro Chips 100% Fruit Juice (6 oz)	25 Mini Blueberry Muffin Fruit (3/4c)	26 Cheez-its 100% Fruit Juice (6 oz)	27 Baked Sour Cream Chips Fruit (3/4c)	28 Rice Krispies Treats 100% Fruit Juice (6oz)

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Snack includes 2 items: grain, fruit, protein or milk.

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