



**Main Lunch Menu  
February 2024**

This institution is an equal opportunity provider.

Serving Sizes are as follows:

K - 5<sup>th</sup> Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or

1% unflavored or flavored milk 8oz

6<sup>th</sup> – 8<sup>th</sup> Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

9<sup>th</sup> – 12<sup>th</sup> Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
<b>January 29</b> <b>Turkey and Cheese Sandwich on WG Bread</b> Carrot Sticks Ranch Dressing Mayo Fruit Milk <b>Cheese Sandwich</b>	<b>January 30</b> <b>Egg Patty &amp; Cheese</b> WG Bagel Breakfast Potatoes Fruit Milk	<b>January 31</b> <b>Chicken, Cheddar Cheese, and Brown Rice Bake</b> Mixed Vegetables Fruit Milk <b>Tofu, Cheddar, Rice Bake</b>	<b>February 1</b> <b>Hamburger Slider w/Cheddar Cheese</b> WG Bun Tater Tots Fruit Milk <b>Veggie Burger</b>	<b>February 2</b> <b>Grilled Chicken Parmesan w/Marinara Sauce and Mozzarella Cheese</b> <b>WG Pasta</b> Peas Ranch Dressing Fruit Milk <b>Veggie Meatball Parm</b>
<b>February 5</b> <b>Pizza Bagel w/ Mozzarella Cheese and Tomato Sauce</b> Carrot Sticks w/ Ranch Dressing Chic Peas Fruit Milk	<b>February 6</b> <b>Turkey Sausage</b> String Cheese WG French Toast Tomato and Cucumber Salad Fruit Milk <b>French Toast and Veggie Sausage</b>	<b>February 7</b> <b>Mac &amp; Cheese w. WG Pasta</b> Mixed Vegetables Fruit Milk	<b>February 8</b> <b>Italian Meatball Parmesan Sandwich on WG Hoagie Roll</b> Corn Fruit Milk <b>Veggie Meatball Parmesan</b>	<b>February 9</b> <b>Teriyaki Chicken</b> Brown Rice Peas Mandarin Oranges Fortune Cookie Milk <b>Teriyaki Tofu</b>  <i>Chinese New Year!</i>
<b>February 12</b> <b>Turkey &amp; Cheese Sandwich on WG Bun</b> Carrot Sticks (Cooked Carrots) Mayonnaise Ranch Dressing Fruit Milk <b>Sunbutter &amp; Grape Sandwich</b>	<b>February 13</b> <b>BBQ Meatballs</b> Buttered Noodles Fresh Broccoli (Peas) Fruit Milk <b>BBQ Veggie Meatballs</b>	<b>February 14</b> <b>Turkey Sausage w/ Gravy</b> String Cheese (3+) Tater Tots WG Biscuit Fruit Milk <b>Lentils &amp; Gravy</b>	<b>February 15</b> <b>WG Chicken Fingers</b> Cooked Carrots Fruit Milk <b>Veggie Nuggets</b>	<b>February 16</b> <b>Taco Beef w/Cheddar Cheese</b> Brown Rice Corn & Black Bean Salad Fruit Milk <b>Bean Burrito</b>
<b>February 19</b> <b>Italian Chicken Pasta Salad</b> Carrot Sticks Ranch Dressing Fruit Milk <b>Edamame Pasta Salad</b>	<b>February 20</b> <b>Beef BBQ</b> WG Bun Peas Fruit Milk <b>Veggie Burger</b>	<b>February 21</b> <b>Mac &amp; Cheese w. WG Pasta</b> Mixed Vegetables Fruit Milk	<b>February 22</b> <b>Turkey Sausage</b> String Cheese (3+ Only) WG Pancake Breakfast Potatoes Fruit Milk <b>WG Pancake and Veggie Sausage</b> <b>National Pancake Week</b>	<b>February 23</b> <b>Grilled Chicken</b> Red Beans & Rice Fruit Milk <b>Veggie Nuggets</b>
<b>February 26</b> <b>Turkey and Cheese Sandwich on WG Bun</b> Carrot Sticks w/Ranch Mayonnaise Fruit Milk <b>Cheese Sandwich</b>	<b>February 27</b> <b>WG Chicken Fingers</b> Mashed Potatoes Fruit Milk <b>Veggie Nuggets</b>	<b>February 28</b> <b>Beef Chili</b> WG Dinner Roll Broccoli Ranch Dressing Fruit Milk <b>Veggie Bean Chili</b> <b>National Chili Day!</b>	<b>February 29</b> <b>Swedish Meatballs</b> Brown Rice Broccoli Diced Cucumbers Fruit Milk <b>Veggie Meatballs</b>	<b>March 1</b> <b>Turkey Burger</b> WG Sandwich Roll Green Beans Fruit Milk <b>Veggie Burger</b>

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos