

# FEBRUARY 12 - MARCH 8

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

The "Healthier"  indication on Entrees means (350 cal, 15 g sat. fat, on Soup, Salad, Sides means (250 cal, 15 g sat. fat, on Baked Goods means (230 cal, 15 g fat

Vegetarian Option   
 Low Fat Option   
 Healthier Option 



Salad Bar and Fresh Fruit always available for lunch/brunch/dinner.

This institution is an equal opportunity provider. Menu subject to change.


**12**

**Breakfast**  
 Applesauce or Fresh Fruit  
 Whole Grain Egg & Cheese Biscuit  
 Whole Grain Cereal, Fruited Yogurt  
 1% Milk or Fat Free Milk

**Lunch**  
 Chopped Salad  
 Flatbread Pepperoni Pizza  
 Flatbread Cheese Pizza  
 Veggie Flatbread Pizza   
 Whole Grain Biscuit  
 Roasted Green Beans  
 Diced Peach Cup or Fresh Fruit  
**Snack:** Whole Grain Goldfish  
 Apple Juice


**13**

**Breakfast**  
 Apple Slices or Fresh Fruit  
 Whole Grain Bagel  
 Whole Grain Cereal, Strawberry Gogurt,  
 1% Milk or Fat Free Milk

**Lunch**  
 Lemon Greek Chicken  
 Veggie Hummus   
 Brown Rice  
 Tabouli  
 Stir Fried Veggies  
 Fresh Fruit or Fresh Fruit Salad  
**Snack:** Whole Grain Pretzel Fish  
 Fruit Cup


**14**

**Breakfast**  
 Fresh Fruit or Orange Juice Cup  
 Warm Maple French Toast  
 Whole Grain Cereal, Fruited Yogurt,  
 1% Milk or Fat Free Milk

**Lunch**  
 Buffalo Chicken Bites  
 Buffalo Tofu Bites   
 Brown Rice Pilaf  
 Parmesan Zucchini Sticks  
 Tomato Basil Salad  
 Fresh Asian Pear or Fresh Fruit  
**Snack:** WG Popcorn  
 Apple Slices

**15**

**Breakfast**  
 Fresh Berries or Fresh Fruit  
 Yogurt Parfait, Whole Grain Pop Tart  
 String Cheese  
 Whole Grain Cereal, Fruited Yogurt  
 1% Milk or Fat Free Milk

**Lunch**  
 Chicken & Roasted Pepper Quesadilla  
 Cheese Quesadilla   
 Whole Grain Tortilla  
 Roasted Carrots  
 Black Bean & Corn Salad  
 Grapes or Fresh Fruit  
**Snack:** Teddy Grahams  
 Yogurt

**16**

**No School**

**19**




**20**

**Breakfast**  
 Apple Juice or Fresh Fruit  
 Whole Grain Blueberry Muffin  
 Strawberry Smoothie  
 Whole Grain Cereal, Fruited Yogurt  
 1% Milk or Fat Free Milk

**Lunch**  
 Sliced Pork or Diced Chicken  
 Vegetable Broth  
 Diced Tofu   
 Whole Grain Spaghetti Noodles  
 Marinated Edamame  
 Chili & Garlic Bok Choy  
 Apple Slices or Fresh Fruit  
**Snack:** Whole Grain Pretzels  
 Apple Juice


**21**

**Breakfast**  
 Fresh Fruit  
 Whole Grain Toast, Whole Grain Bagel  
 Scrambled Eggs  
 Whole Grain Cereal, Fruited Yogurt  
 1% Milk or Fat Free Milk

**Lunch**  
 Beef or Turkey Hot Dog  
 Grilled Cheese   
 Tomato Soup  
 Whole Grain Bun  
 Marinated Cucumbers  
 Fresh Watermelon or Fresh Fruit  
**Snack:** Teddy Grahams  
 Fruit Cup

**22**

**Breakfast**  
 Banana or Fresh Fruit  
 Apple Cinnamon Overnight Oats  
 Poptart, String Cheese  
 Whole Grain Cereal, Fruited Yogurt  
 1% Milk or Fat Free Milk

**Lunch**  
 Blackeyed Pea Salad  
 Chicken Salad Sandwich on Croissant  
 Black Bean Hummus   
 Pita Bread Triangles  
 Whole Grain Bun  
 Fresh Vegetable Crudite  
 Strawberries or Fresh Fruit  
**Snack:** Multigrain Sunchips  
 Apple

**23**

**Breakfast**  
 Fresh Pear or Fresh Fruit  
 Bacon, Egg & Cheese Croissant  
 Croissant  
 Whole Grain Cereal, Fruited Yogurt  
 1% Milk or Fat Free Milk

**Lunch**  
 Brazilian Beef  
 Pico de Gallo, Shredded Cheese & Lettuce  
 Spiced Black Beans Entree  
 Whole Grain Brown Rice  
 Baked Plantains  
 Chili Roasted Carrots  
 Cilantro Lime Jicama Slaw  
 Orange Sections or Fresh Fruit



**26**

**Breakfast**  
 Fresh Fruit or Citrus Fruit Salad  
 Blueberry Waffle  
 Whole Grain Croissant, String Cheese  
 Whole Grain Cereal, Fruited Yogurt  
 1% Milk or Fat Free Milk

**Lunch**  
 Classic Potato Salad  
 BBQ Pulled Pork or BBQ Chicken Salad  
 Hot Spiced Apples  
 BBQ Vegan Chicken   
 Whole Grain Crust  
 Vegetarian Baked Beans  
 Banana or Fresh Fruit  
**Snack:** Yogurt  
 Whole Grain Pretzels


**27**

**Breakfast**  
 Apple Slices or Fresh Fruit  
 Whole Grain Bagel, Gogurt  
 Whole Grain Cereal, Fruited Yogurt  
 1% Milk or Fat Free Milk

**Lunch**  
 Beef Chili or White Chicken Chili   
 Black Bean & Sweet Potato Chili   
 Whole Grain Tortilla Chips  
 Baked Potato  
 Sweet Skillet Corn  
 Cornbread  
 Cut Melon or Fresh Fruit  
**Snack:** NutriGrain Cereal Bar  
 Cheese Stick

**28**

**Breakfast**  
 Fresh Grapes or Fresh Fruit  
 Southwestern Breakfast Burrito  
 Whole Grain Cereal, Fruited Yogurt  
 1% Milk or Fat Free Milk

**Lunch**  
 Fresh Fruit Salad  
 Chicken Curry  
 Chickpea Marsala   
 Brown Rice  
 Pita Bread Triangles  
 Honey Glazed Carrots  
 Sautéed Spinach  
 Banana  
**Snack:** Peach Cup  
 Teddy Grahams

**29**

**Breakfast**  
 Grapefruit Sections or Fresh Fruit  
 Whole Grain Pop Tart  
 Yogurt Parfait, String Cheese  
 Whole Grain Cereal, Fruited Yogurt  
 1% Milk or Fat Free Milk

**Lunch**  
 Whole Grain Pasta Salad  
 Chicken Tenders  
 Vegetarian Chicken Nuggets  
 Whole Grain Biscuit  
 Cucumber Sticks w/Ranch Dressing  
 Sweet Potato Fries  
 Applesauce or Fresh Fruit  
**Snack:** Cheezits  
 Apple Juice


**Mar 1**

**Breakfast**  
 Banana or Fresh Fruit  
 Whole Grain Pancake  
 Chicken Sausage  
 Whole Grain Cereal, Fruited Yogurt  
 1% Milk or Fat Free Milk

**Lunch**  
 Flatbread Pepperoni Pizza  
 Flatbread Cheese Pizza  
 Veggie Burgers   
 Whole Grain Bun  
 Marinated Tomatoes  
 Herb Roasted Carrots  
 Fresh Pears

**4**

**Breakfast**  
 Red Delicious Apple or Fresh Fruit  
 Ham & Cheese on Whole Grain Croissant  
 Trix Breakfast Bar, String Cheese  
 Whole Grain Cereal, Fruited Yogurt  
 1% Milk or Fat Free Milk

**Lunch**  
 Swedish Meatballs  
 Vegetarian Meatballs  
 Brown Rice Pilaf   
 Macaroni & Cheese  
 Celery Stick w/Ranch Dressing  
 Spiced Black Beans  
 Fresh Fruit or Grapes  
**Snack:** WG Popcorn  
 Peach Cup



**5**

**Breakfast**  
 Orange Juice Cup or Fresh Fruit  
 Whole Grain Cereal  
 Peach Smoothie  
 Whole Grain Cereal, Fruited Yogurt  
 1% Milk or Fat Free Milk

**Lunch**  
 Teriyaki Chicken  
 Teriyaki Tofu  
 Veggie Grilled Chicken Strips   
 Whole Grain Noodles  
 Fried Brown Rice  
 Fresh Steamed Broccoli  
 Orange Slices or Fresh Fruit  
**Snack:** Sunchips  
 Fruit Juice

**6**

**Breakfast**  
 Fresh Fruit or Banana  
 Whole Grain Honey Biscuit  
 Banana Bread, Hard Boiled Egg  
 Whole Grain Cereal, Fruited Yogurt  
 1% Milk or Fat Free Milk

**Lunch**  
 Cool Asparagus & Pea Salad  
 Ham & Cheese Sub  
 Lentil Salad   
 Whole Grain Sub Roll   
 Quinoa  
 Italian Baked Tomato Halves  
 Apple Slices or Fresh Fruit  
**Snack:** Yogurt  
 Graham Crackers


**7**

**Breakfast**  
 Banana or Fresh Fruit  
 Whole Grain Pop Tart  
 Blueberry Muffin, String Cheese  
 Whole Grain Cereal, Fruited Yogurt  
 1% Milk or Fat Free Milk

**Lunch**  
 Lentil Salad  
 Lemon Baked Tilapia  
 Cheese Ravioli in Marinara Sauce   
 Brown Rice Pilaf  
 Roasted Green Beans  
 Fresh Baby Carrots w/Ranch Dressing  
 Fresh Berries or Fresh Fruit  
**Snack:** Sliced Apples  
 Whole Grain Goldfish

**8**

**Breakfast**  
 Fresh Fruit or Fruit Salad  
 Whole Grain English Muffin  
 w/Egg, Cheese & Turkey Bacon  
 Egg, Cheese & Turkey Bacon  
 Whole Grain Cereal, Fruited Yogurt  
 1% Milk or Fat Free Milk

**Lunch**  
 Chicken Caesar Wrap  
 Hummus & Toasted Veggie Wrap   
 Whole Grain Tortilla  
 Cucumber & Bell Pepper Crudite  
 Roasted Potato Wedges  
 Apple Slices