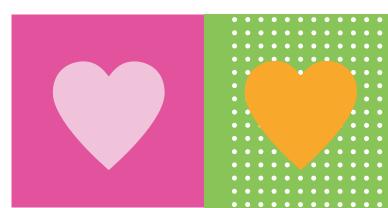


FEBRUARY 12 - MARCH 8





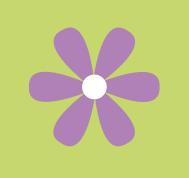
MONDAY

TUESDAY

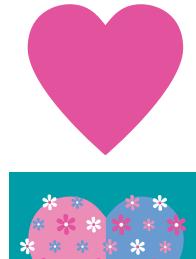
WEDNESDAY

THURSDAY

FRIDAY





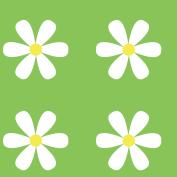


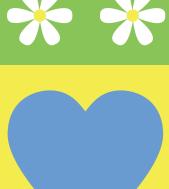






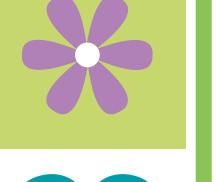














The "Healthier"

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

Entrees means (350 cal, (5 g sat. fat,

on Soup, Salad, Sides means (250 cal, (5 g sat. fat,

on Baked Goods means (230 cal, (5 g fat

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

indication on

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

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

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

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

Vegetarian Option

Low Fat Option

Healthier Option

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

Salad Bar and Fresh Fruit

always available for lunch/brunch/dinner.

Lunch Chicken & Roasted Pepper Quesadilla Cheese Quesadilla

> Whole Grain Tortilla **Roasted Carrots** Black Bean & Corn Salad Grapes or Fresh Fruit

Snack: Teddy Grahams Yogurt



Breakfast

Fresh Pear or Fresh Fruit

Bacon, Egg & Cheese 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



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

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

Breakfast

Apple Slices or Fresh Fruit

Whole Grain Bagel, Gogurt

Whole Grain Cereal, Fruited Yogurt

1% Milk or Fat Free Milk

Lunch

Whole Grain Tortilla Chips

Baked Potato

Sweet Skillet Corn

Cornbread

Cut Melon or Fresh Fruit

Snack: Nutrigrain Cereal Bar

Cheese Stick

Beef Chili or White Chicken Chili

Black Bean & Sweet Potato Chili ▼

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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 Čup

> > **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

Brown Rice

Pita Bread Triangles

Honey Glazed Carrots

Sauteed Spinach

Banana

Snack: Peach Cup

Teddy Grahams

Chickpea Marsala ♥▼

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

Breakfast

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 Grapefruit Sections or Fresh Fruit Whole Grain Pop Tart

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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

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 Jicama & Celery Stick w/Ranch Dressing Spiced Black Beans Fresh Fruit or Grapes

> Snack: WG Popcorn Peach Cup

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

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

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 V

Brown Rice Pilaf Roasted Green Beans Fresh Baby Carrots w/Ranch Dressing Fresh Berries or Fresh Fruit

> **Snack:** Sliced Apples Whole Grain Goldfish

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











