

Monday
Tuesday
Wednesday
Thursday
Friday


4
 Steamed All-Beef Hot Dog on a Soft Wheat Roll
 Baked Sweet Potato Fries
 Celery Sticks
 Fresh Banana

5
Brunch for Lunch!!
 Whole Grain French Toast Sticks
 Chicken Sausage Patty
 Hash Brown Patty
 Carrot Dippers
 Diced Pears

6
 Whole Grain Cheese Bites with Scratch-Made Marinara
 Spinach Salad with Strawberries
 Cauliflower Cups
 Fresh Florida Orange

7
 Chicken Nuggets
 Ranch Dipping Sauce
 Potato Wedges
 Vegetarian Baked Beans
 Sliced Peaches

1
 Mini Pizza Bagel Bites
 Garden Tossed Salad with Our Own Honey Mustard Dressing
 Broccoli Cups
 Fresh Mac Apple

8
 Whole Grain Veggie Pizza
 Garden Mixed Salad with Our Own Honey Mustard Dressing
 Broccoli Cups
 Strawberry Banana Applesauce

11
 Mozzarella Sticks with Marinara Dipping Sauce
 Whole Wheat Bread Stick
 Steamed Fresh Broccoli
 Peach Mango Applesauce

12
 Turkey Grinder with Lettuce & Cheese on a Whole Wheat Roll
 Cream of Tomato Soup
 Mixed Veggie Cups w/ Hummus
 Diced Pears

13
 Spaghetti & Meatballs with Marinara Sauce
 Garlic Knot
 Garden Tossed Salad w/ Chickpeas
 Sesame Roasted Green Beans
 Fresh Mac Apple

14
 Heart-Shaped Chicken Nuggets
 Honey Wheat Biscuit
 Baked French Fries
 Steamed Carrots
 Diced Peaches
Happy Valentine's Day!

15
 Cheese Pizza Bagel
 Spinach Salad w/ Kidney Beans, Peppers, Cukes & Fat-Free Dressing
 Fresh Broccoli Cup
 Fresh Florida Orange

18
No School Today!
Happy Presidents' Day!

19
No School Today!
Winter Break!

20
 Popcorn Chicken
 Seasoned Potato Wedges
 Parmesan Roasted Peas
 Fresh Florida Orange Wedges
 Mini Cherry Pie
Happy National "Cherry Pie" Day!

21
 Beef & Cheese Nachos over Whole Grain Tortilla Chips with Lettuce, Tomatoes & Salsa
 Brown Rice & Black Beans
 Celery Sticks
 Diced Pears

22
 Cheese Whole Wheat Pizza
 Mixed Greens Salad w/ Strawberries
 Sweet Potato Tots
 Sliced Peaches
Happy National "Eat a Sweet Potato" Day!

25
 Cheeseburger on a Whole Wheat Roll
 Red Pepper Slices
 Baked Smiley Fries
 Baby Carrots
 Strawberry Banana Applesauce

26
 Teriyaki Chicken over Seasoned Brown Rice
 Whole Wheat Dinner Roll
 Steamed Stir Fry Vegetables
 Roasted Chickpeas
 Sliced Mac Apple

27
 Chicken Cordon Bleu on a Whole Wheat Croissant
 Sweet Potato Fries
 Parmesan Roasted Broccoli
 Mixed Fruit Cup

28
 Turkey & Cheese Grinder with Lettuce on a Whole Wheat Roll
 Minestrone Soup
 Cucumber Slices
 Fresh Pear



Alternate meals available daily: Salad with 2 Proteins (1 oz. meat, 1 oz. cheese, or 4 oz. yogurt) and 1 oz. WG bread **or** Sandwich with 2 Proteins

****ALL MEALS OFFERED WITH 8 OZ FAT FREE OR 1% REDUCED FAT MILK, ½ CUP FRUIT, ¼ CUP VEGETABLE****

WG: Whole Grain **WW:** Whole Wheat

NOTE: MENU IS SUBJECT TO CHANGE