

Monday

Tuesday

Wednesday

Thursday

Friday

All Beef Hot Dog **4**
OR
Cheeseburger on a Wheat Roll
Slow Simmered Baked Beans
Sweet Potato Wedges
Granny Smith Apple

Teriyaki Chicken **5**
OR
General Tso's Chicken
Seasoned Brown Rice
Garlic Knot
Stir Fry Vegetables, Green Bean Cup
Mixed Fruit Cup

Beefy & Cheesy Nachos **6**
Over WG Tortilla Chips
with Lettuce, Tomatoes & Salsa
OR Chicken Nuggets
Spanish Rice
Cauliflower Cups
Pear

BBQ Chicken Sandwich **7**
OR
Spicy Chicken Fillet Sandwich
Vegetable Fried Rice
Seasoned Yellow Corn
Red Pepper Sticks
Fresh Banana

Pepperoni & Cheese Pizza **1**
Garden Tossed Salad with
Our Own Vinaigrette
Celery Sticks with Ranch Dip
Fresh Nectarine

Veggie Whole Wheat Pizza **8**
Strawberry Spinach Salad
with Our Own
Honey Mustard Dressing
Carrot Sticks
100% Juice Italian Ice

Cheese Bites **11**
OR
Mozzarella Sticks
Homemade Marinara Sauce
WG Garlic Breadstick
Steamed Seasoned Mixed Veggies
Strawberry Mango Applesauce

Buffalo Chicken Grinder **12**
with Lettuce
OR Turkey & Cheese Grinder
with Lettuce
Baked French Fries
Steamed Fresh Broccoli
Mixed Fruit Cup

Cheeseburger **13**
OR
Beef Hot Dog on a Wheat Roll
Slow Simmered Baked Beans
Sesame Roasted Green Beans
Florida Orange Wedges

Cheese Raviolis **14**
OR
Elbow Pasta with Meat Sauce
Garlic Breadstick
Romaine Caesar Salad
Cucumber Slices
Fresh Mac Apple

Cheese Whole Wheat Pizza **15**
Spinach Salad w/ Kidney Beans
Peppers, Cukes & Dressing
Fresh Broccoli Cup with
Ranch Dip
Diced Pears

No School Today! **18**

Happy Presidents' Day!

No School Today! **19**

Winter Break!!

Grilled Turkey & Cheese **20**
OR
Grilled Cheese Sandwich
Steamed Hawaiian Carrots
Celery Sticks, Fresh Mac Apple
Mini Cherry Pie
National "Cherry Pie" Day!

Beefy & Cheesy Nachos **21**
over WG Tortilla Chips
with Lettuce, Tomatoes & Salsa
OR Popcorn Chicken
Brown Rice & Black Beans
Green Peas
Mixed Fruit Cup

Pepperoni & Cheese Pizza **22**
Leafy Green Salad
with Our Own Vinaigrette
Sweet Potato Tots
Fresh Florida Orange Wedges
National "Eat a Sweet Potato" Day!

Chicken Nuggets **25**
OR
Chicken Tenders
Honey Mustard Dipping Sauce
Seasoned Potato Wedges
3-Bean Salad
Granny Smith Apple

Beefy & Cheesy Nachos **26**
over WG Tortilla Chips with
Lettuce, Tomatoes & Salsa
OR Cheeseburger on a Wheat Bun
Spanish Rice
Green Bean Cup, Baby Carrots
Fresh Pear

Tangerine Chicken **27**
OR
Cherry Blossom Chicken
Vegetable Fried Rice
Garlic Breadstick
Mixed Stir Fry Veggies, Cuke Slices
Peach Mango Applesauce

Baked Macaroni & Cheese **28**
OR
Spaghetti with Meat Sauce
Wheat Dinner Roll
Romaine Caesar Salad
Broccoli Cups
Peach Slices

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, ¾ CUP VEGETABLE****

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

NOTE: MENU IS SUBJECT TO CHANGE

