

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Lean Cheeseburger on a Whole Grain Bun **4**  
Crinkle Cut French Fries  
Steamed Hawaiian Carrots  
Peach Applesauce Cup

**Early Dismissal Day 5**  
**No Lunch today!**  
**Stop by for Cinnamon Roll breakfast in the morning!**

Beefy & Cheesy Nachos **6**  
Shredded Lettuce, Tomatoes  
Sour Cream, Salsa & Tortilla Chips  
Spanish Rice  
Assorted Veggie Sticks  
Cauliflower Cup  
Fresh Strawberries

Pepperoni Pizza **7**  
(Enriched Wheat Crust)  
Mesclun Mixed Greens Salad with Chickpeas, Tomatoes & Cukes  
Assorted Veggies w/ Hummus  
Fresh Local Pear

Cherry Blossom Chicken **1**  
over Brown Rice  
Whole Grain Breadstick  
Stir Fry Vegetables & Assorted Veggie Sticks  
Fresh Local Mac Apple

Spaghetti & Meatballs **8**  
Garlic Toast  
Romaine Tossed Salad with Chickpeas, Cukes & Tomatoes  
Broccoli Cup  
Fresh Local Mac Apple

Mozzarella Sticks with Marinara Dipping Sauce **11**  
Whole Grain Garlic Knot  
Romaine Tossed Salad  
Cauliflower Cup  
Granny Smith Apple

Turkey & Cheese Grinder with Lettuce & Tomatoes **12**  
Baked Seasoned Potato Wedges  
Bag of Doritos  
Broccoli Cup  
Mango Applesauce

Chicken & Cheese Quesadilla **13**  
Seasoned Brown Rice & Black Beans  
Steamed Green Beans  
Assorted Veggie Sticks  
Sliced Peaches

Cheese Pizza **14**  
(Enriched Wheat Crust)  
Spinach Salad with Chickpeas, Peppers, Cukes & Tomato  
Assorted Veggie Sticks w/ Hummus  
Banana

Chicken & Broccoli Alfredo **15**  
over Penne Pasta  
Carrot Sticks with Honey Mustard Dip  
Romaine Caesar Salad  
Fresh Florida Orange

**No School Today!! 18**  
**Presidents' Day Celebrated!**

**No School Today! 19**  
**Winter Break!!**

Teriyaki Chicken & Broccoli over Brown Rice **20**  
Whole Grain Garlic Knots  
Stir Fry Veggies  
Celery Sticks  
Strawberry Banana Applesauce

Pepperoni Pizza **21**  
(Enriched Wheat Crust)  
Romaine Caesar Salad  
Baby Carrots with Hummus Dip  
Fresh Banana

Meatball Grinder on Whole Wheat Roll **22**  
Steamed Seasoned Corn  
Sweet Potato Fries  
Fresh Local Mac Apple

Buffalo Chicken Grinder on a Soft Wheat Roll **25**  
Bag of Cape Cod Chips  
Our Own Five-Bean Salad  
Assorted Veggie Sticks  
Diced Pears

Beefy & Cheesy Whole Grain Nachos with Lettuce, Tomatoes, Salsa **26**  
Spanish Rice  
Broccoli Cup  
Mixed Fruit Cup

Cheese Bites with Marinara Dipping Sauce **27**  
Leafy Green Salad with Chickpeas  
Whole Grain Corn Muffin  
Peach Applesauce Cup

Cheese Pizza **28**  
(Enriched Wheat Crust)  
Spinach Salad with Strawberries and Homemade Honey Mustard  
Assorted Veggies w/ Hummus  
Apple 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, ¼ CUP VEGETABLE\*\***

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

**NOTE: MENU IS SUBJECT TO CHANGE**