

Menu Calendar Report - February, 2020

Site: Council Oak Elementary
 Meal Type: Lunch
 Site Group: The Clubhouse
 Menu Line: CH-Main Event (II-Play)

Monday		Tuesday		Wednesday		Thursday		Friday	
	3 Feb		4 Feb		5 Feb		6 Feb		7 Feb
Chef Salad (5.48 g)		Cheeseburger (32.90 g)		American Sandwich (30.50 g)		Crispy Chicken Salad K5, Tyson (21.19 g)		Barbecue Rib Sandwich (42.01 g)	
Tater Tot Casserole (20.57 g)		Chef Salad (5.48 g)		Bean Burrito (50.60 g)		Just Peachy Parfait (51.15 g)		Crispy Chicken Salad K5, Tyson (21.19 g)	
Turkey & Cheese Sandwich (31.00 g)		Sunbutter & Jelly Sandwich (45.89 g)		Chicken & Waffles (32.80 g)		Steak Fingers (19.00 g)		Home-Style Cheese Pizza (32.17 g)	
Walking Nachos (26.41 g)		Zesty Orange Chicken (34.38 g)		Chicken Caesar Salad (10.09 g)		Twisted Dog (29.00 g)		Kidzable Ham & Cheese (43.76 g)	
Twisted Breadstick (28.41 g)		Steamed Rice (30.01 g)		Twisted Breadstick (28.41 g)		String Cheese		Twisted Breadstick (28.41 g)	
Orange Smiles (15.66 g)		Twisted Breadstick (28.41 g)		Diced Bartlett Pears (12.75 g)		Dinner Roll (14.00 g)		Mixed Fruit Cocktail (12.89 g)	
Pineapple Tidbits (16.43 g)		Banana (26.95 g)		Fresh Apple Slices (25.13 g)		Twisted Breadstick (28.41 g)		Orange Smiles (15.66 g)	
Baby Carrots (5.98 g)		Diced Peaches (15.24 g)		Celery Sticks (1.92 g)		Fresh Strawberries (5.53 g)		Celery Sticks (1.92 g)	
Garden Side Salad (4.25 g)		Caesar Side Salad (5.61 g)		Garden Side Salad (4.25 g)		Unsweetened Applesauce (14.38 g)		Garden Side Salad (4.25 g)	
Vegetarian Refried Beans (28.80 g)		Fresh Broccoli Florets (2.12 g)		Sweet Potato Crinkle Cut Fries (17.12 g)		Caesar Side Salad (5.61 g)		Green Peas (13.62 g)	
1% Strawberry Milk (22.00 g)		Mixed Garden Vegetables (11.05 g)		1% Strawberry Milk (22.00 g)		Fresh Broccoli Florets (2.12 g)		1% Strawberry Milk (22.00 g)	
Chocolate1% Milk (19.00 g)		1% Strawberry Milk (22.00 g)		Chocolate1% Milk (19.00 g)		Whipped Potatoes (15.00 g)		Chocolate1% Milk (19.00 g)	
White 1% Milk (12.91 g)		Chocolate1% Milk (19.00 g)		White 1% Milk (12.91 g)		1% Strawberry Milk (22.00 g)		White 1% Milk (12.91 g)	
White Skim Milk (13.00 g)		White 1% Milk (12.91 g)		White Skim Milk (13.00 g)		Chocolate1% Milk (19.00 g)		White Skim Milk (13.00 g)	
Ketchup (5.00 g)		White Skim Milk (13.00 g)		Individual Syrup (29.00 g)		White 1% Milk (12.91 g)		Grated Parmesan Cheese (0.17 g)	
Light Mayonnaise (3.00 g)		Ketchup (5.00 g)		Ketchup (5.00 g)		White Skim Milk (13.00 g)		Ketchup (5.00 g)	
Low Fat Ranch Salad Dressing (4.00 g)		Light Mayonnaise (3.00 g)		Light Mayonnaise (3.00 g)		Carnival Cookie (18.00 g)		Light Mayonnaise (3.00 g)	
Yellow Mustard		Low Fat Ranch Salad Dressing (4.00 g)		Low Fat Ranch Salad Dressing (4.00 g)		Gravy, country, old fashioned biscuit (4.86 g)		Low Fat Ranch Salad Dressing (4.00 g)	
		Yellow Mustard		Yellow Mustard		Ketchup (5.00 g)		Yellow Mustard	
						Light Mayonnaise (3.00 g)			
						Low Fat Ranch Salad Dressing (4.00 g)			
						Yellow Mustard			

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	10 Feb	11 Feb	12 Feb	13 Feb	14 Feb
Chef Salad (5.48 g)	Cheesy Chicken Spaghetti, non-WGR (20.88 g)	American Sandwich (30.50 g)	Corn Dog (30.00 g)	Chicken Quesadilla, commodity fajita, 10-inch tortilla (30.03 g)	
Chicken Fried Steak Sandwich (50.00 g)	Chef Salad (5.48 g)	Cheddar Macaroni (30.85 g)	Crispy Chicken Salad K5, Tyson (21.19 g)	Crispy Chicken Salad K5, Tyson (21.19 g)	
Ham & Cheese Sandwich (30.00 g)	Chili Frito Pie (75.43 g)	Chicken Caesar Salad (9.43 g)	French Toast Sticks (37.21 g)	Crispy Chicken Salad K5, Tyson (21.19 g)	
Mozzarella Stuffed Breadsticks (30.02 g)	Sunbutter & Jelly Sandwich (45.89 g)	Crispy Chicken Nuggets (16.30 g)	Strawberry Banana Parfait (61.03 g)	Kidzable Build Your Own Pizza (38.40 g)	
Twisted Breadstick (28.41 g)	String Cheese	Dinner Roll (14.00 g)	Sausage, link, turkey, 1.025 oz	Pepperoni Pizza Square (35.00 g)	
Orange Smiles (15.66 g)	Breadstick (14.00 g)	Twisted Breadstick (28.41 g)	Scrambled Eggs (2.20 g)	Twisted Breadstick (28.41 g)	
Pineapple Tidbits (16.43 g)	Twisted Breadstick (28.41 g)	Diced Bartlett Pears (12.75 g)	String Cheese	Mixed Fruit Cocktail (12.89 g)	
Baby Carrots (5.98 g)	Banana (26.95 g)	Fresh Apple Slices (25.13 g)	Twisted Breadstick (28.41 g)	Orange Smiles (15.66 g)	
Garden Side Salad (4.25 g)	Diced Peaches (15.24 g)	Baby Carrots (5.98 g)	Fresh Strawberries (5.53 g)	Celery Sticks (1.92 g)	
Vegetarian Baked Beans (39.45 g)	Caesar Side Salad (5.61 g)	Garden Side Salad (4.25 g)	Unsweetened Applesauce (14.38 g)	Garden Side Salad (4.25 g)	
1% Strawberry Milk (22.00 g)	Celery Sticks (1.92 g)	Whipped Potatoes (15.00 g)	Caesar Side Salad (5.61 g)	Roasted Green Beans (5.11 g)	
Chocolate1% Milk (19.00 g)	Steamed Corn (16.41 g)	1% Strawberry Milk (22.00 g)	Fresh Broccoli Florets (2.12 g)	1% Strawberry Milk (22.00 g)	
White 1% Milk (12.91 g)	1% Strawberry Milk (22.00 g)	Chocolate1% Milk (19.00 g)	Tater Tots (14.09 g)	Chocolate1% Milk (19.00 g)	
White Skim Milk (13.00 g)	Chocolate1% Milk (19.00 g)	White 1% Milk (12.91 g)	1% Strawberry Milk (22.00 g)	White 1% Milk (12.91 g)	
Ketchup (5.00 g)	White 1% Milk (12.91 g)	White Skim Milk (13.00 g)	Chocolate1% Milk (19.00 g)	White Skim Milk (13.00 g)	
Light Mayonnaise (3.00 g)	White Skim Milk (13.00 g)	Gravy, country, old fashioned biscuit (4.86 g)	White 1% Milk (12.91 g)	Grated Parmesan Cheese (0.17 g)	
Low Fat Ranch Salad Dressing (4.00 g)	Ketchup (5.00 g)	Ketchup (5.00 g)	White Skim Milk (13.00 g)	Ketchup (5.00 g)	
Side of Pizza Sauce (2.90 g)	Light Mayonnaise (3.00 g)	Light Mayonnaise (3.00 g)	Individual Syrup (29.00 g)	Light Mayonnaise (3.00 g)	
Yellow Mustard	Low Fat Ranch Salad Dressing (4.00 g)	Low Fat Ranch Salad Dressing (4.00 g)	Ketchup (5.00 g)	Low Fat Ranch Salad Dressing (4.00 g)	
	Rice Krispies Treats (8.93 g)	Smart Balance Butter	Light Mayonnaise (3.00 g)	Yellow Mustard	
	Yellow Mustard	Yellow Mustard	Low Fat Ranch Salad Dressing (4.00 g)		
			Yellow Mustard		

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17 Feb	18 Feb	19 Feb	20 Feb	21 Feb
	American Sandwich (30.50 g)	BBQ Drumstick (7.50 g)	Crispy Chicken Salad K5, Tyson (21.19 g)	Hamburger (32.90 g)
	Chicken & Waffles (32.80 g)	Blueberry Patch Parfait (45.21 g)	Home-Style Cheese Pizza (32.17 g)	Turkey & Mozzarella Kidzable (35.93 g)
	Chicken Caesar Salad (9.43 g)	Chicken Burger (47.00 g)	Twisted Breadstick (28.41 g)	Twisted Breadstick (28.41 g)
	Toasted Cheese Sandwich (30.00 g)	Crispy Chicken Salad K5, Tyson (21.19 g)	Mixed Fruit Cocktail (12.89 g)	Orange Smiles (15.66 g)
	Twisted Breadstick (28.41 g)	String Cheese	Orange Smiles (15.66 g)	Fresh Broccoli Florets (2.12 g)
	Diced Bartlett Pears (12.75 g)	Dinner Roll (14.00 g)	Garden Side Salad (4.25 g)	Garden Side Salad (4.25 g)
	Fresh Apple Slices (25.13 g)	Twisted Breadstick (28.41 g)	Seasoned Carrot Coins (7.47 g)	Seasoned Carrot Coins (7.47 g)
	Emoji Potatoes (17.69 g)	Banana (26.95 g)	1% Strawberry Milk (22.00 g)	1% Strawberry Milk (22.00 g)
	Fresh Broccoli Florets (2.12 g)	Unsweetened Applesauce (14.38 g)	Chocolate1% Milk (19.00 g)	Chocolate1% Milk (19.00 g)
	Garden Side Salad (4.25 g)	Caesar Side Salad (5.61 g)	White 1% Milk (12.91 g)	White 1% Milk (12.91 g)
	1% Strawberry Milk (22.00 g)	Celery Sticks (1.92 g)	White Skim Milk (13.00 g)	White Skim Milk (13.00 g)
	Chocolate1% Milk (19.00 g)	Vegetarian Baked Beans (39.45 g)	Grated Parmesan Cheese (0.17 g)	Grated Parmesan Cheese (0.17 g)
	White 1% Milk (12.91 g)	1% Strawberry Milk (22.00 g)	Ketchup (5.00 g)	Ketchup (5.00 g)
	White Skim Milk (13.00 g)	Chocolate1% Milk (19.00 g)	Light Mayonnaise (3.00 g)	Light Mayonnaise (3.00 g)
	Dill Pickle Chips	White 1% Milk (12.91 g)	Low Fat Ranch Salad Dressing (4.00 g)	Low Fat Ranch Salad Dressing (4.00 g)
	Individual Syrup (29.00 g)	White Skim Milk (13.00 g)	Yellow Mustard	Yellow Mustard
	Ketchup (5.00 g)	Ketchup (5.00 g)		
	Light Mayonnaise (3.00 g)	Light Mayonnaise (3.00 g)		
	Low Fat Ranch Salad Dressing (4.00 g)	Low Fat Ranch Salad Dressing (4.00 g)		
	Yellow Mustard	Yellow Mustard		

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	24 Feb	25 Feb	26 Feb	27 Feb	28 Feb
Beefy Meatball Sauce (16.05 g)	Cheddar Cheese Omelet & Toast (16.00 g)	American Sandwich (30.50 g)	Corn Dog (30.00 g)	Chili Frito Pie (75.43 g)	
Chef Salad (5.48 g)	Chef Salad (5.48 g)	Chicken Caesar Salad (9.43 g)	Crispy Chicken Salad K5, Tyson (21.19 g)	Crispy Chicken Salad K5, Tyson (21.19 g)	
Chicken Burger (47.00 g)	Sunbutter & Jelly Sandwich (45.89 g)	Crispy Chicken Nuggets (16.30 g)	Double Berry Parfait (57.09 g)	Home-Style Cheese Pizza (32.17 g)	
Ham & Cheese Sandwich (30.00 g)	Walking Nachos (26.41 g)	Sloppy Joe Sandwich (47.45 g)	Tater Tot Casserole (20.57 g)	Kidzable Ham & Cheese (43.76 g)	
Breadstick (14.00 g)	Twisted Breadstick (28.41 g)	Dinner Roll (14.00 g)	String Cheese	Twisted Breadstick (28.41 g)	
Spaghetti Noodles (25.77 g)	Banana (26.95 g)	Twisted Breadstick (28.41 g)	Twisted Breadstick (28.41 g)	Mixed Fruit Cocktail (12.89 g)	
Twisted Breadstick (28.41 g)	Diced Peaches (15.24 g)	Diced Bartlett Pears (12.75 g)	Banana (26.95 g)	Orange Smiles (15.66 g)	
Orange Smiles (15.66 g)	Caesar Side Salad (5.61 g)	Fresh Apple Slices (25.13 g)	Unsweetened Applesauce (14.38 g)	Celery Sticks (1.92 g)	
Pineapple Tidbits (16.43 g)	Fresh Broccoli Florets (2.12 g)	Baby Carrots (5.98 g)	Caesar Side Salad (5.61 g)	Garden Side Salad (4.25 g)	
Baby Carrots (5.98 g)	Vegetarian Refried Beans (28.80 g)	Garden Side Salad (4.25 g)	Fresh Broccoli Florets (2.12 g)	Green Peas (13.62 g)	
Garden Side Salad (4.25 g)	1% Strawberry Milk (22.00 g)	Whipped Potatoes (15.00 g)	Mixed Garden Vegetables (11.05 g)	1% Strawberry Milk (22.00 g)	
Roasted Summer Squash (3.28 g)	Chocolate1% Milk (19.00 g)	1% Strawberry Milk (22.00 g)	1% Strawberry Milk (22.00 g)	Chocolate1% Milk (19.00 g)	
1% Strawberry Milk (22.00 g)	White 1% Milk (12.91 g)	Chocolate1% Milk (19.00 g)	Chocolate1% Milk (19.00 g)	White 1% Milk (12.91 g)	
Chocolate1% Milk (19.00 g)	White Skim Milk (13.00 g)	White 1% Milk (12.91 g)	White 1% Milk (12.91 g)	White Skim Milk (13.00 g)	
White 1% Milk (12.91 g)	Chocolate Chip Cookie (18.23 g)	White Skim Milk (13.00 g)	White Skim Milk (13.00 g)	Grated Parmesan Cheese (0.17 g)	
White Skim Milk (13.00 g)	Ketchup (5.00 g)	Gravy, country, old fashioned biscuit (4.86 g)	Ketchup (5.00 g)	Ketchup (5.00 g)	
Dill Pickle Chips	Light Mayonnaise (3.00 g)	Ketchup (5.00 g)	Light Mayonnaise (3.00 g)	Light Mayonnaise (3.00 g)	
Grated Parmesan Cheese (0.17 g)	Low Fat Ranch Salad Dressing (4.00 g)	Light Mayonnaise (3.00 g)	Low Fat Ranch Salad Dressing (4.00 g)	Low Fat Ranch Salad Dressing (4.00 g)	
Ketchup (5.00 g)	Sour Cream (1.00 g)	Low Fat Ranch Salad Dressing (4.00 g)	Yellow Mustard	Yellow Mustard	
Light Mayonnaise (3.00 g)	Thick & Chunky Salsa (1.50 g)	Smart Balance Butter			
Low Fat Ranch Salad Dressing (4.00 g)	Yellow Mustard	Yellow Mustard			
Yellow Mustard					

Carbohydrate values in grams follow the Menu Item name