

## February 2020 Lunch Menu

#1	MON 3rd	TUES 4th	WED 5th	THURS 6th	FRI 7th			
<b>MEAT</b>	Chicken or Cheese Alfredo w/ Garlic Bread (sf)	Pepperoni or Cheese Pizza (sf)	Turky or Falafel Meatballs w/ Hummus and Pita (sf)	Spaghetti and Meatballs w/ Garlic Bread (sf)	Chicken Teriyaki with Broccoli and Rice			
<b>GRAIN</b>								
<b>VEG</b>	Carrots	Cauliflower	Carrots	Zucchini	Vegetable Sticks	Carrots	Zucchini	Broccoli
<b>FRUIT</b>	Bananas	Oranges	Apples	Oranges	Bananas			
#2	MON 10th	TUES 11th	WED 12th	THURS 13th	FRI 14th			
<b>MEAT</b>	Chicken Parmesan Pasta w/ Garlic Bread (sf)	Crispy Chicken Tenders (sf)	Volcano Meatloaf and Cauliflower Mashed Potatoes	Lasagna w/ Garlic Bread (sf)	Chicken or Cheese Enchiladas w/ Rice and Beans (gf,sf)			
<b>GRAIN</b>								
<b>VEG</b>	Carrots	Zucchini	Sweetpotato Wedges	Cauliflower	Carrots	Zucchini	Carrots	
<b>FRUIT</b>	Bananas	Oranges	Apples	Oranges	Bananas			
#3	MON 17th	TUES 18th	WED 19th	THURS 20th	FRI 21st			
<b>MEAT</b>	<b>No Lunch</b>	<b>No Lunch</b>	<b>No Lunch</b>	<b>No Lunch</b>	<b>No Lunch</b>			
<b>GRAIN</b>								
<b>VEG</b>								
<b>FRUIT</b>								
#4	MON 24th	TUES 25th	WED 26th	THURS 27th	FRI 28th			
<b>MEAT</b>	Macaroni and Cheese w/ Garlic Bread (sf)	Crispy Chicken Tenders (sf)	BBQ Pulled Pork Sliders w/ Cheese Cauliflower Bake (sf)	Beef Bolognese Pasta Bake w/ Garlic Bread (sf)	Butter Chicken w/ Broccoli and Rice (gf,sf)			
<b>GRAIN</b>								
<b>VEG</b>	Carrots	Broccoli	Sweetpotato Wedges	Cauliflower	Carrots	Zucchini	Carrots	
<b>FRUIT</b>	Bananas	Oranges	Apples	Oranges	Bananas			

### Pre-School Serving Sizes

Meat 1.5 oz, grains 1-2 oz - 1/2 slice - 1/4 cup, vegetables 1/4 cup, fruit 1/4 cup

### Grade School Serving Sizes

Meat 2.5 oz, grains 2 - 4 oz - 1 slice - 1/2 cup, vegetables 1/2 cup, fruit 1/2 cup

### Middle School Serving Sizes

Meat 4 oz, grains 4 - 6 oz - 2 slices - 1 cup, vegetables 1 cup, fruit 1 cup

All menu items have a vegetarian substitute - See Ingredients List For Details

**Gluten Free - gf   Soy Free - sf   All our food is nut free**

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