



FEBRUARY | 2023

Elementary Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30 Walking Taco
Refried Beans
Fresh Fruit
Choice of Milk

3 Chicken and Waffles
Strawberry Topping
Broccoli
Fresh Fruit
Choice of Milk

1 Lasagna Roll Ups
Garlic Bread
Carrots
Fresh Fruit
Choice of Milk

National Tater Tot Day
Chicken Fried Steak
Dinner Roll
Tater Tots
Fresh Fruit
Choice of Milk

3 Pizza Crunchers
Cauliflower
Fresh Fruit
Choice of Milk

6 No School

Teacher Day

7 Grilled Cheese
Tomato Soup
Fresh Fruit
Choice of Milk

8 Breaded Chicken
Sandwich
Baked Beans
Fresh Fruit
Choice of Milk

9 National Pizza Day
French Bread Pizza
Celery
Fresh Fruit
Choice of Milk

10 Chicken Drumsticks
Biscuits
Mashed Potatoes
Fresh Fruit
Choice of Milk

13 Chicken Quesadilla
Refried Beans
Fresh Fruit
Choice of Milk

14 French Toast Sticks
Sausage Patty
Sweet Potato Wedges
Fresh Fruit
Choice of Milk

15 Bosco Sticks with
Marinara Sauce
Green Beans
Fresh Fruit
Choice of Milk

16 Orange Chicken
Vegetable Fried Rice
Broccoli
Fresh Fruit
Choice of Milk

17 Sliced Cheese Pizza
Cucumbers
Fresh Fruit
Choice of Milk

20 No School

PRESIDENTS DAY

21 Chicken and Waffles
Strawberry Topping
Broccoli
Fresh Fruit
Choice of Milk

22 Lasagna Roll Ups
Garlic Bread
Carrots
Fresh Fruit
Choice of Milk

23 National Chili Day
Beef Chili
Corn Bread
Corn
Fresh Fruit
Choice of Milk

24 Pizza Crunchers
Cauliflower
Fresh Fruit
Choice of Milk

25 Beef Teriyaki Dippers
Dinner Roll
Broccoli
Fresh Fruit
Choice of Milk

28 Grilled Cheese
Tomato Soup
Fresh Fruit
Choice of Milk

1 Breaded Chicken
Sandwich
Baked Beans
Fresh Fruit
Choice of Milk

Chicken Drumsticks
Biscuits
Mashed Potatoes
Fresh Fruit
Choice of Milk

3 French Bread Pizza
Celery
Fresh Fruit
Choice of Milk

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

All alternative meals include choice of milk, fruit and/or vegetable

Mon/Wed/Fri:

- Lunch Kits (similar to lunchables):
 - Pizza
 - Turkey, Cheese and Crackers

Tues/Thurs:

- Peanut-Free Wowbutter and Jelly Sandwich^V
- Protein Power: yogurt, grain, string cheese^V

Meal Prices:

Breakfast: \$2.25
Lunch: \$3.40
Adult: \$4.80
Extra Milk: \$0.50