



FEBRUARY | 2023

LIFE Center Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Chicken Quesadilla
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
Hamburger
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 Popcorn Chicken
Biscuit
Corn
Fresh Fruit
Choice of Milk

9 National Pizza Day
French Bread Pizza
Baked Beans
Fresh Fruit
Choice of Milk

10 Breaded Chicken
Sandwich
Celery
Fresh Fruit
Choice of Milk


13 Teriyaki Dippers
Baked Beans
Dinner Roll
Fresh Fruit
Choice of Milk

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

15 Sliced Cheese Pizza
Cucumbers
Fresh Fruit
Choice of Milk

16 Mac and Cheese
Chicken Tenders
Broccoli
Fresh Fruit
Choice of Milk

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

20 No School

PRESIDENTS DAY

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

22 Pizza Crunchers
Cauliflower
Fresh Fruit
Choice of Milk

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

24 Hamburger
Carrots
Fresh Fruit
Choice of Milk

2 Mac and Cheese
Chicken Tenders
Broccoli
Fresh Fruit
Choice of Milk

28 Grilled Cheese
Tomato Soup
Fresh Fruit
Choice of Milk

1 French Bread Pizza
Baked Beans
Fresh Fruit
Choice of Milk

2 Popcorn Chicken
Biscuit
Corn
Fresh Fruit
Choice of Milk

3 Breaded Chicken
Sandwich
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:

- Peanut-Free Wowbutter and Jelly Sandwich^V
- Salad Bar
- Assorted Sandwiches

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

*Must get 1 fruit and/or veggie to make a meal

All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored milk

Meal Prices:

Breakfast: \$2.25
Lunch: \$3.50
Adult: \$4.80
Extra Milk: \$0.50