Main Lunch Menu
February 2024
This institution is an equal opportunity provider.
Serving Sizes are as follows:
K - 5th Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz
6th – 8th Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz
9th – 12th Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
January 29 **Turkey and Cheese Sandwich on WG Bread** Carrot Sticks Ranch Dressing Mayo Fruit Milk	**January 30** **Egg Patty & Cheese** WG Bagel Breakfast Potatoes Fruit Milk	**January 31** **Chicken, Cheddar Cheese, and Brown Rice Bake** Mixed Vegetables Fruit Milk	**February 1** **Hamburger Slider w/Cheddar Cheese** WG Bun Tater Tots Fruit Milk	**February 2** **Early Dismissal**
February 5 **Pizza Bagel w/ Mozzarella Cheese and Tomato Sauce** Carrot Sticks w/ Ranch Dressing Chic Peas Fruit Milk	**February 6** **Turkey Sausage** String Cheese WG French Toast Tomato and Cucumber Salad Fruit Milk	**February 7** **Mac & Cheese w. WG Pasta** Mixed Vegetables Fruit Milk	**February 8** **Italian Meatball Parmesan Sandwich on WG Hoagie Roll** Corn Fruit Milk	**February 9** **Teriyaki Chicken** Brown Rice Peas Mandarin Oranges Fortune Cookie Milk ***Chinese New Year!***
February 12 **Turkey & Cheese Sandwich on WG Bun** Carrot Sticks (Cooked Carrots) Mayonnaise Ranch Dressing Fruit Milk	**February 13** **BBQ Meatballs** Buttered Noodles Fresh Broccoli (Peas) Fruit Milk	**February 14** **Turkey Sausage w/ Gravy** String Cheese (3+) Tater Tots WG Biscuit Fruit Milk	**February 15** **WG Chicken Fingers** Cooked Carrots Fruit Milk	**February 16** **Taco Beef w/Cheddar Cheese** Brown Rice Corn & Black Bean Salad Fruit Milk
February 19 **Italian Chicken Pasta Salad** Carrot Sticks Ranch Dressing Fruit Milk	**February 20** **Beef BBQ** WG Bun Peas Fruit Milk	**February 21** **Mac & Cheese w. WG Pasta** Mixed Vegetables Fruit Milk	**February 22** **Turkey Sausage** String Cheese (3+ Only) WG Pancake Breakfast Potatoes Fruit Milk	**February 23** **Grilled Chicken** Red Beans & Rice Fruit Milk **Veggie Nuggets**
February 26 **Turkey and Cheese Sandwich on WG Bun** Carrot Sticks w/Ranch Mayonnaise Fruit Milk	**February 27** **WG Chicken Fingers** Mashed Potatoes Fruit Milk	**February 28** **Beef Chili** WG Dinner Roll Broccoli Ranch Dressing Fruit Milk	**February 29** **Swedish Meatballs** Brown Rice Diced Cucumbers Fruit Milk	**March 1** **Early Dismissal**

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos