



Main Lunch Menu

February 2025

This institution is an equal opportunity provider.

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1%

unflavored or flavored milk 8oz

6th – 8th Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ 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
<p>February 3</p> <p>Turkey & Cheese Sandwich on WGR Bread Tomato & Cucumber Salad Fruit Milk</p>	<p>February 4</p> <p>Beef Taco on WGR Flour Tortilla Shredded Cheddar Cheese Corn Salsa Fruit Milk</p>	<p>February 5</p> <p>Turkey Burger w/ Cheddar Cheese on WGR Bun Tator Tots Ketchup Fruit Milk</p>	<p>February 6</p> <p>Orange Chicken Fried Brown Rice Peas & Carrots Fortune Cookie Fruit Milk</p> <p>“National Chopsticks Day”</p>	<p>February 7</p> <p>Early Dismissal</p>
<p>February 10</p> <p>Chicken Salad Sandwich on WGR Sandwich Bun Carrot Sticks Ranch Dressing Fruit Milk</p>	<p>February 11</p> <p>Meatloaf w/Beef Gravy WGR Dinner Roll Mixed Vegetables Fruit Milk</p>	<p>February 12</p> <p>Egg Patty & Cheese on WGR Bagel Broccoli & Ranch Dressing Fruit Milk</p>	<p>February 13</p> <p>WGR Chicken Fingers Mashed Potatoes Ketchup Fruit Milk</p>	<p>February 14</p> <p>Cheese Pizza Tomato & Cucumber Salad Fruit Milk</p>
<p>February 17</p> <p>School Holiday</p>	<p>February 18</p> <p>Chicken, Cheddar Cheese, and Brown Rice Bake Peas Fruit Milk</p>	<p>February 19</p> <p>Mac & Cheese w/ WGR Pasta Mixed Vegetables Fruit Milk</p>	<p>February 20</p> <p>WGR Chicken Fingers Mashed Potatoes Ketchup Fruit Milk</p>	<p>February 21</p> <p>Cheese Pizza Tomato & Cucumber Salad Fruit Milk</p>
<p>February 24</p> <p>Grilled Chicken Pot Pie w/Mixed Vegetables WGR Biscuit Broccoli & Ranch Dressing Fruit Milk</p>	<p>February 25</p> <p>Turkey Sausage String Cheese WGR Pancake Carrot Sticks w/ Ranch Dressing Fruit Milk</p> <p>“National Pancake Day”</p>	<p>February 26</p> <p>Grilled Chicken w/Salsa Red Beans & Brown Rice Fruit Milk</p>	<p>February 27</p> <p>Baked Turkey Ham Steak WGR Dinner Roll w/ Butter Green Beans Fruit Milk</p>	<p>February 28</p> <p>Cheese Pizza Carrot Sticks Ranch Dressing Fruit Milk</p>

****ALL GRAIN COMPONENTS ARE WHOLE GRAIN RICH****

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, Blueberries