

Menu Name : Cologne Academy K-8 Grades Lunch Menu Grade Level / Age Group : K-8 Grades		Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads					
		Meal Pattern : NSLP					
		Meal : Lunch					
FEBRUARY - 2025							
Hot Meal	Monday, February 3, 2025	Tuesday, February 4, 2025	Wednesday, February 5, 2025	Thursday, February 6, 2025	Friday, February 7, 2025	Week VI	
	Premium Chicken Nuggets Honey Mustard Sauce WG Ranch Crackers Assorted Salad Bar Chilled Peaches & Choice Milk	BBQ Meatballs Mashed Potatoes Assorted Salad Bar WG Dinner Roll Chilled Fruit Cocktail & Choice Milk	Asian Noodles Bowl <i>Teriyaki Noodles with Asian Sesame Chicken</i> Assorted Salad Bar Banana Choice Milk	Premium Chicken Patty Sandwich WG Bun & Ketchup Assorted Salad Bar Fruit Cup Cool Ranch Doritos & Choice Milk	Fresh Baked Pan Pizza Assorted Salad Bar Crisp Varietal Apple Choice Milk		
	Hot Veg	<i>Easy Cheesy Pull Aparts</i>	<i>Fluffy Omelet, Buttermilk Pancakes & Syrup</i>	<i>French Pizza Bread</i>	<i>Pizza Calzone</i>		<i>Fresh Baked Cheese Pizza</i>
	Cold	Turkey Bun w/ Mayo PC	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Roasted Turkey on WW Bread		Crunchy Ranch Chx Wrap w/ Herb Infused Ranch Dip
Hot Meal	Monday, February 10, 2025	Tuesday, February 11, 2025	Wednesday, February 12, 2025	Thursday, February 13, 2025	Friday, February 14, 2025	Week I	
	Smoky Cheeseburger WG Bun, BBQ Sauce, Ketchup & Shred Cheese Potato Stix w/ Ketchup Assorted Salad Bar Chilled Peaches & Choice Milk	Brunch Lunch French Toast Sticks & Syrup Assorted Salad Bar Chilled Fruit Cocktail Choice Milk	All Beef Hot Dog WG Hot Dog Bun, Ketchup Assorted Salad Bar Banana Cheetos & Choice Milk	Sweet & Sour Chicken Steamed Brown Rice Assorted Salad Bar Fruit Cup Choice Milk	No School		
	Hot Veg	<i>Cheese Croissant Sandwich</i>	<i>Bean & Cheese Burrito</i>	<i>Cheese Hot Pocket w/ Dip</i>	<i>Pizza Crunchers</i>		
	Cold	Wowbutter & Jelly sandwich	Turkey & Cheese Bun w/ Mayo PC	Hoagie Chicken Club	Turkey & Cheese on WW Bread		
Hot Meal	Monday, February 17, 2025	Tuesday, February 18, 2025	Wednesday, February 19, 2025	Thursday, February 20, 2025	Friday, February 21, 2025	Week II	
	No School	Mild Honey Sauced Drumstick <i>Mildly Seasoned Flavorful Chicken Drumstick</i> Assorted Salad Bar Nacho Doritos Chilled Fruit Cocktail & Choice Milk	Turkey Pepperoni Hot Pocket Assorted Salad Bar Banana Choice Milk	Premium Chicken Nuggets & BBQ Sauce Potato Smiles w/ Ketchup Assorted Salad Bar Fruit Cup Choice Milk	Fresh Baked Pan Pizza Assorted Salad Bar Crisp Varietal Apple Choice Milk		
	Hot Veg	<i>French Bread</i>	<i>Cheese Bites w/ Italian Dip</i>	<i>Veggie Garden Burger</i>	<i>Fresh Baked Cheese Pizza</i>		
	Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Roasted Turkey on WW Bread	Crunchy Ranch Chx Wrap w/ Herb Infused Ranch Dip		
Hot Meal	Monday, February 24, 2025	Tuesday, February 25, 2025	Wednesday, February 26, 2025	Thursday, February 27, 2025	Friday, February 28, 2025	Week III	
	Chicken Tenders w/Boom Sauce Assorted Salad Bar Chilled Peaches Choice Milk Cheese Crisps	Fun Beef Tri-Taco Snax <i>Mini Beef Taco Triangles</i> Assorted Salad Bar Chilled Fruit Cocktail Choice Milk	Waffle Brunch Lunch Mini Waffles & Yogurt Cup Tater Tots & Ketchup Assorted Salad Bar Banana & Choice Milk	Pasta Bake w/ Red Sauce WG Penne w/ Grilled Chicken & Mozzarella Assorted Salad Bar Fruit Cup Choice Milk	Premium Chicken Patty Sandwich WG Bun & Ketchup Assorted Saald Bar Crisp Varietal Apple Choice Milk		
	Hot Veg	<i>Pizza Calzone</i>	<i>Twisted Cheese Breadsticks w/ Seasoned Sauce</i>	<i>Bean & Cheese Burrito</i>	<i>Veg Garden Nuggets w/ Ketchup & WG Roll</i>		<i>Multi Cheese Croissant Sandwich</i>
	Cold	Wowbutter & Jelly sandwich	Turkey Bun w/ Mayo PC	Hoagie Chicken Club	Turkey & Cheese on WW Bread		Chicken Caesar Wrap

Proteins in School Meals

Protein gets a lot of attention these days. In school meals, we categorize protein-rich foods as “meat and meat alternatives.” These include lean meats such as poultry and beef, beans/legumes and cheese. By offering a variety of options on our menus, we accommodate a range of dietary preferences and needs.

These foods are rich sources of protein, essential for building and repairing tissues, supporting immune function, and maintaining overall health. Additionally, they provide vital nutrients such as iron, zinc and B vitamins, which are crucial for cognitive function, energy metabolism and overall well-being.

*** Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

This menu is 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.



MARCH 2025 Menu (Subject to Change)					
	Monday, March 3, 2025	Tuesday, March 4, 2025	Wednesday, March 5, 2025	Thursday, March 6, 2025	Friday, March 7, 2025
Hot Meal	Tikka Drumstick Assorted Salad Bar Chilled Peaches Cool Ranch Doritos Choice Milk	Classic Beef Sloppy Joe <i>Traditional Sloppy Joe served on Bun w/ Shred Cheese on side</i> Assorted Salad Bar Chilled Fruit Cocktail Choice Milk	Golden Corn Dog <i>WG Chicken Corn Dog served with Ketchup</i> Potato Stix w/ Ketchup Assorted Salad Bar Banana & Choice Milk	The Cheeseburger , that Never Gets Old-Fashioned WG Bun, Cheese Slice & Ketchup Lemon Blueberry Crackers Assorted Saald Bar Fruit Cup & Choice Milk	Fresh Baked Pan Pizza Assorted Salad Bar Crisp Varietal Apple Choice Milk
	<i>Hot Veg</i> Easy-Cheesy Pull Aparts	<i>Hot Veg</i> French Bread Pizza	<i>Hot Veg</i> Mac & Cheese Bites w/ Ranch	<i>Hot Veg</i> Grilled Cheese Sandwich	<i>Hot Veg</i> Fresh Baked Cheese Pizza
	<i>Cold</i> Turkey Bun w/ Mayo PC	<i>Cold</i> Wowbutter & Jelly sandwich	<i>Cold</i> Honey Mustard Chicken Bun	<i>Cold</i> Roasted Turkey on WW Bread	<i>Cold</i> Crunchy Ranch Chx Wrap w/ Herb Infused Ranch Dip
	Monday, March 10, 2025	Tuesday, March 11, 2025	Wednesday, March 12, 2025	Thursday, March 13, 2025	Friday, March 14, 2025
Hot Meal	Golden Chicken Tenders & Ketchup Assorted Salad Bar Chilled Peaches Cheese Crisps Choice Milk	Walking Taco Beef Taco Meat, Nacho Cheese Doritos, Shred Cheese & Crema Assorted Salad Bar Chilled Fruit Cocktail Choice Milk	Mac & Cheese Strawberry Grahams Assorted Salad Bar Banana Choice Milk	Chinese Teriyaki Chicken Steamed Seasoned Rice Assorted Salad Bar Fruit Cup Choice Milk	Garlic Dusted French Bread Assorted Salad Bar Crisp Varietal Apple Choice Milk
	<i>Hot Veg</i> Cheese Hot Pocket w/ Dip	<i>Hot Veg</i> Bean & Cheese Pupusa w/ Room Sauce	<i>Hot Veg</i> Buttermilk Pancakes & Syrup w/ Yoghurt Cup	<i>Hot Veg</i> Cheese Bites w/ Dip	<i>Hot Veg</i> Multi Cheese Croissant Sandwich
	<i>Cold</i> Wowbutter & Jelly sandwich	<i>Cold</i> Turkey & Cheese Bun w/ Mayo PC	<i>Cold</i> Hoagie Chicken Club	<i>Cold</i> Turkey & Cheese on WW Bread	<i>Cold</i> Chicken Caesar Wrap

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