

Monday Feb 2

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Pepperoni Pizza	1 Each	36	
Or			
Chicken Salad w/Crackers	1/2 CUP	47.4	
Buttered Corn	1/2 cup 1/2 cup	17	
Lima Beans	1/2 cup	28	
Diced Peaches	140 Grams 1/2 ...	17	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Tuesday Feb 3

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Grilled Cheese	1 each 2 oz	30.5	
Or			
Corn Dog	1 each 1 each	30	
Tomato Soup	1 CUP 8 ounces	16	
Green Beans	1/2 cup	6.3	
Applesauce Cups	1/2 cup 1/2 cup	14	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Wednesday Feb 4

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Spaghetti with Meatsauce	3/4 cup	19.7	
Or			
Grilled Chicken Sandwich	1 each 1 each	30.7	
Broccoli w/Cheese	1/2 cup 1/2 cup	4.1	
Fresh Baby Carrots	1/2 cup 1/2 cup	9.6	
Diced Pears	1/2 cup 1/2 cup	20	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Thursday Feb 5

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Taco Nachos	1 Serving 2 oz ...	24.8	
Or			
Chicken Nachos	1 Serving 2oz ...	23.9	
Salsa 1/4 cup	1/4 cup 63.11	4.1	
Pinto Beans	1/2 cup	10	
Lettuce & Tomato	1/2 CUP 1/2 CUP	3.1	
Mandarin Oranges	1/2 Cup 1/2 Cup	18	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Friday Feb 6

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Hotdog w/Chili on Bun	1 each 1 each	34.4	
Or			
BBQ on Bun	1 each	33	
Potato Tots	1 CUP	29.1	
Baked Beans	1/2 cup 1/2 cup	30	
Fresh Banana	1 Each	27	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Tuesday Feb 10

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Pepperoni Pizza	1 Each	36	
Or			
Chicken Salad w/Crackers	1/2 CUP	47.4	
Buttered Corn	1/2 cup 1/2 cup	17	
Sweet Peas	1/2 cup	15.8	
Applesauce Cups	1/2 cup 1/2 cup	14	
Assorted Milk	8oz 8oz		

Wednesday Feb 11

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Chicken Parmesan Sandwich	1 each 1 each	36.7	
Or			
Baked Porkchop	1 each	18	
Broccoli w/Cheese	1/2 cup 1/2 cup	4.1	
Glazed Carrots	1/2 cup	21.8	
Diced Pears	1/2 cup 1/2 cup	20	
Assorted Milk	8oz 8oz		

Thursday Feb 12

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
BBQ Rib on Bun	1 each	37	
Or			
Corn Dog	1 each 1 each	30	
Steamed Cauliflower	1/2 cup	4.5	
Pinto Beans	1/2 cup	10	
Pineapple Tidbits	1/2 cup 1/2 cup	15	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Friday Feb 13

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Fun Shape Chicken Nuggets	4 nuggets each...	16	
Or			
Beef Teriyaki Bites	1 serving 4 nug...	10.2	
Holiday Fun Crackers	1 each 1 oz	16	
Mashed Potatoes	1/2 cup	14	
Green Beans	1/2 cup	6.3	
Applesauce Cups	1/2 cup 1/2 cup	14	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Monday Feb 16

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Chicken Fillet on Bun	1 each 1 each	43	
Or			
Turkey & Cheese Sandwich	1 each 1 each	33	
Buttered Corn	1/2 cup 1/2 cup	17	
Sweet Peas	1/2 cup	15.8	
Orange Wedges	1 orange	15.4	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Tuesday Feb 17

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Sloppy Joe	1 each	39	
Or			
Grilled Cheese	1 each 2 oz	30.5	
Glazed Carrots	1/2 cup	21.8	
Green Beans	1/2 cup	6.3	
Fruit Mix	1/2 cup 1/2 cup	20	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Wednesday Feb 18

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
BBQ Chicken	2oz serving	6	
Or			
Meat Loaf	1 patty each 2...	8	
Yeast Rolls	1 each 2 oz.	30	
Mashed Potatoes	1/2 cup	14	
Collard Greens	1 CUP	13.8	
Diced Peaches	140 Grams 1/2 ...	17	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Thursday Feb 19

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Pepproni Pizza Pocket	1 each 126 grams	25	
Or			
Wild Mikes Cheese Pocket	1 each 1 each	28	
Broccoli w/Ranch	1/2 cup	8	
Fresh Baby Carrots	1/2 cup 1/2 cup	9.6	
Apple Slices	2 Oz Pouch	7.9	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Friday Feb 20

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Cheeseburger on Bun	1 each 1 each	32.1	
Or			
BBQ on Bun	1 each	33	
Creamy Cole Slaw	1/8 cup	2.8	
Crispy Baked Fries	1/2 cup	12	
Baked Beans	1/2 cup 1/2 cup	30	
Diced Pears	1/2 cup 1/2 cup	20	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Monday Feb 23

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Chicken Nugget	1 serving 5 nug...	16.3	
Or			
Beef Teriyaki Bites	1 serving 4 nug...	10.2	
Garlic Breadstick	1 each 2 oz	26	
Mashed Potatoes	1/2 cup	14	
Green Beans	1/2 cup	6.3	
Diced Peaches	140 Grams 1/2 ...	17	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Tuesday Feb 24

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Toasted Ham & Cheese	1 each 160 grams	36	
Or			
Turkey & Cheese Wrap	1 each	26	
Buttered Corn	1/2 cup 1/2 cup	17	
Broccoli w/Ranch	1/2 cup	8	
Diced Pears	1/2 cup 1/2 cup	20	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Wednesday Feb 25

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Spaghetti with Meatsauce	3/4 cup	19.7	
Or			
Corn Dog	1 each 1 each	30	
Glazed Carrots	1/2 cup	21.8	
Sweet Peas	1/2 cup	15.8	
Applesauce Cups	1/2 cup 1/2 cup	14	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Thursday Feb 26

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Taco on Soft Tortilla	1 serving 1 each	32.5	
Or			
Chicken Fajita	1 each 2oz me...	23	
Shredded Cheese Cup	1 oz 1oz	1.1	
Lettuce & Tomato	1/2 CUP 1/2 CUP	3.1	
Pinto Beans	1/2 cup	10	
Orange Wedges	1 Whole Orang...	15.4	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		

Friday Feb 27

Item Name	Portion Size	Carbohydrates (g)	Special Meal Accommodations
Hotdog w/Chili on Bun	1 each 1 each	34.4	
Or			
Fish on Bun	1 each	46.2	
Creamy Cole Slaw	1/8 cup	2.8	
Potato Wedges	1/2 cup 1/2 cup	20	
Baked Beans	1/2 cup 1/2 cup	30	
Fruit Mix	1/2 cup 1/2 cup	20	
Assorted Fresh Fruit			
Assorted Milk	8oz 8oz		