



FEBRUARY 2026

Capital Prep Harbor Schools

FREE BREAKFAST & LUNCH SERVED DAILY
DAILY FRUIT OPTIONS
DAILY CHOICES OF FAT FREE CHOCOLATE OR
1% MILK

Monday	Tuesday	Wednesday	Thursday	Friday
WG Waffles 2 Turkey Sausage Tator Tots Green Beans	Chicken Patty Sandwich 3 Sweet Potato Fries Mixed Vegetables	Chicken Tenders 4 Crinkle Cut Fries Diced Carrots Dinner Roll	Beef Taco 5 WG Tortilla WG Brown Rice Black Beans Corn	Cheese Pizza 6 Romaine Salad Cucumber & Tomatoes
Korean BBQ Chicken 9 Brown Rice Carrots Green Beans	Cheesy Penne Pasta 10 Tomato Sauce Broccoli Dinner Roll	Buffalo Chicken Patty 11 Sandwich Tator Tots Mixed Vegetables	Mini Turkey Corn Dogs 12 Baked Beans Crinkle Cut Fries	Cheese Pizza 13 Tossed Salad Carrots & Cucumber
NO SCHOOL 16	Cheeseburger on Bun 17 Sweet Potato Fries Green Beans	Fajita Chicken 18 WG Tortilla Brown Rice Black Beans	Penne Pasta & 19 Meatballs n Tomato Sauce Mixed Vegetables Dinner Roll	Cheese Pizza 20 Romaine Salad w/ Carrots
Sweet & Sour Meatballs 23 Brown Rice Seasoned Carrots Green Peas Diner Roll	Chicken Tenders 24 Baked Beans Tator Tots Dinner Roll	Macaroni & Cheese 25 Diced Carrots Broccoli Dinner Roll	Chicken Parmesan 26 Penne Pasta Green Beans California Vegetables	Cheese Pizza 27 Tossed Salad w/ Tomatoes

Menu subject to change based upon product availability.

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Monday

Tuesday

Wednesday

Thursday

Friday

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