



Lunch Menu

February 2022

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 2oz, Grain 2oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz
 6th – 8th Grade - Meat/MA 2oz, Grain 2oz, 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
January 31 Roast Turkey w/ Gravy WW Bread Green Beans Fruit Milk	February 1 Teriyaki Chicken Fried Brown Rice Peas and Carrots Mandarin Oranges Milk	February 2 Turkey Ham & Cheese Sandwich Whole Grain Sandwich Roll Tomato/Cucumber Salad Fruit Milk	February 3 WG Chicken Nuggets Potato Wedges Ketchup Fruit Cocktail Milk	February 4 <p style="text-align: center;">Early Dismissal</p>
February 7 Turkey & Cheese on WW Bread Mayonnaise Carrot Sticks (Cooked Peas) Ranch Dressing Fruit Milk	February 8 Grilled Chicken WG Pasta w/ Alfredo Sauce and Broccoli Fruit Milk	February 9 Roast Beef and American Cheese WG Sandwich Roll Tomato/Cucumber Salad Fruit Milk	February 10 Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk	February 11 WG Pizza w/ Turkey Sausage String Cheese Carrot Sticks (cooked carrots) Ranch Fruit Milk
February 14 Swedish Meatballs WG Buttered Noodles Corn Fruit Milk	February 15 Turkey Ham and Cheese on WW Bread Mayo Carrot Sticks w/ Ranch (cooked Carrots) Fruit Milk	February 16 Grilled Chicken Garden Salad w/ Cheese & Tomato Ranch Dressing WG Dinner Roll w/ Butter Fruit Milk	February 17 Hamburger w/ American Cheese WG Sandwich Roll Sweet Potato Tots Fruit Milk	February 18 Carrot Sticks (cooked carrots) Ranch Fruit Milk
February 21 <p style="text-align: center;">School Holiday</p>	February 22 Beef BBQ WG Sandwich Roll Potato Wedges Ketchup Fruit Milk	February 23 Turkey and American on WG Bun Mayo Side Garden Salad w/ Italian Dressing (<i>Diced and Peeled Cucumber</i>) Fruit Milk	February 24 Mac and Cheese w/ WG Pasta Cooked Broccoli Fruit Milk	February 25 WG Pizza w/ Turkey Sausage String Cheese Carrot Sticks (cooked carrots) Ranch Fruit Milk
February 28 BBQ Meatballs Brown Rice Fresh Broccoli w/ Ranch Fruit Milk				

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