



**Lunch Menu
K-8th Grade
February 2023**

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

Monday	Tuesday	Wednesday	Thursday	Friday
January 30 Shepherd's Pie (ground beef, mashed potatoes, peas, gravy) Dinner Roll Fruit Milk	January 31 BBQ Chicken Patty WG Sandwich Roll Mixed Vegetables BBQ Sauce Fruit Milk	February 1 Grilled Chicken Romaine Lettuce w/ Parmesan Cheese & Garbanzo Beans WG Dinner Roll Italian Dressing Fruit Milk	February 2 Meatballs in Marinara Sauce w/ Shredded Mozzarella Cheese WG Hoagie Roll Green Beans Fruit Milk	February 3 <p style="text-align: center;">Early Dismissal</p>
February 6 Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk	February 7 Chicken Broccoli Alfredo Mixed Vegetables Fruit Milk <p style="text-align: center;">"Alfredo Day"</p>	February 8 Turkey & Cheddar Cheese on WW Bread Tomato/Cucumber Salad Mayonnaise Fruit Milk	February 9 Pizza Sticks Cooked Carrots Fruit Milk	February 10 Taco Beef w/ Shredded Cheddar Cheese WG Tortilla Corn & Black Bean Salad Fruit Milk
February 13 Baked Ziti w/ Ground Beef (WG Pasta w/ tomato sauce and mozz cheese) Mixed Vegetables Fruit Milk <p style="text-align: center;">"Italian Food Day"</p>	February 14 Balsamic Grilled Chicken Brown Rice Green Beans Fruit Milk	February 15 Chef Salad (Diced Turkey, Diced Turkey Ham) WG Dinner Roll Ranch Fruit Milk	February 16 SW Chicken on WG Flour Tortilla w/ Cheddar Cheese & Salsa Ranch Dressing Carrot Sticks w/ Ranch Garbanzo Beans Fruit Milk	February 17 Beef BBQ WG Sandwich Roll Baked Potato Fruit Milk
February 20 <p style="text-align: center;">School Holiday</p>	February 21 Sweet & Sour Chicken Brown Rice Cooked Carrots Cooked Broccoli Fruit Milk	February 22 Turkey Ham & Cheddar Cheese on WW Bread Carrot Sticks w/ Ranch Garbanzo Beans Mayo Fruit Milk	February 23 Beef Chili w/ Shredded Cheddar Cheese Biscuit Mashed Potatoes & Peas Fruit Milk <p style="text-align: center;">"National Chili Day"</p>	February 24 Egg Patty w/ American Cheese English Muffin w/ Butter Breakfast Potatoes Fruit Milk
February 27 Mac & Cheese w/ WG Pasta Green Beans Fruit Milk	February 28 Swedish Meatballs Brown Rice Peas Fruit Milk	March 1 BBQ Chicken & Cheese Wrap on WG Flour Tortilla Carrot Sticks Fruit Milk	March 2 Turkey & Cheese Sandwich WG Sandwich Roll Fresh Broccoli w/ Ranch Garbanzo Beans Fruit Milk	March 3 <p style="text-align: center;">Early Dismissal</p>

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