

Monday
Tuesday
Wednesday
Thursday
Friday


Mac & Trees **4**
Homemade Mac & Cheese
w/ whole grain Pasta
Steamed Broccoli
**Salad Bar*

Lunar New Year! **5**
Sesame Noodles
Vegetable Spring Rolls
Chicken Dumplings
**Salad Bar*

Pizza Day **6**
Cheese Pizza on
Whole Grain Crust

**Salad Bar*

Thursday Thaw **7**
Chicken Cacciatore
Whole Grain Rotini

**Salad Bar*

Super Snacks **1**
Cheese Filled Whole
Grain Pretzel Sticks
w/ Cheesy Dip
**Salad Bar*

**One Fish, Two Fish,
French Fries & Fish** **8**
Whole Grain Fish Sticks
French Fries
**Salad Bar*

South of the Border **11**
Chicken & Cheese Whole
Grain Taquitos
Salsa
**Salad Bar*

Taco-ish Tuesday **12**
Beef Taco Soup
Corn tortilla strips

**Salad Bar*

Wacky Wednesday **13**
Whole Grain Chicken
&
French Toast Sticks
**Salad Bar*

Pizza Day **14**
Cheese Or Pepperoni
Pizza on Whole Grain
Crust
**Salad Bar*

"Stir-Fry" day **15**
Chicken & Vegetables
w/ Fried Rice

**Salad Bar*

18
No School

19
No School

20
No School

21
No School

22
No School

Spaghetti al Ragu **25**
Whole Grain Spaghetti
Marinara & Meatballs
Garlic Toast
**Salad Bar*

Try it Tuesday **26**
Seasoned Ground Beef
with Spanish Rice

**Salad Bar*

Pizza Day **27**
Cheese pizza on Whole
Grain Crust

**Salad Bar*

Fruit on a Raft **28**
Whole Grain Waffles
Berry Sauce
Turkey Sausage
**Salad Bar*



Lunch Menu includes minimum of an Entrée, Whole Grain, Fruit, Veg, and Milk (low fat regular and fat free flavored). Students **must take a fruit or vegetable** to be in compliance with National School Lunch Program. **Salad Bar is included with lunch and offers different items daily, which include fruits and vegetables as well as mixed salads, and items to go with daily menu. **Menus are subject to change***

"This institution is an equal opportunity provider"

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Mini Pancakes</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Homemade Whole Grain Muffin</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Donut</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Breakfast Bun</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Yogurt cup & Granola</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>
<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Mini Waffles</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Breakfast Pizza</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Donut</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Pancake Wrapped Sausage on a stick</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Yogurt Cup & Granola</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>

Breakfast options are available every day, the student must take 3 items a day (with one being fruit) to count for a reimbursable meal.. Menus are subject to change. "This institution is an equal opportunity provider"