










LUNCH MENU – FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Beef Patty 1ea Garden Burger 1 ea. On Whole Wheat Bun 1 ea. Shredded Lettuce ¼ c. Cheese 1 sl. Potato Salad ¼ c. Sliced Apple 2 oz. 1pk 1% White Milk 6oz.	2. Chicken Fajita 3oz. w/ BBQ sauce on Bun 1ea. Mac & Cheese ¾ Grated cheese 1.5 oz. Broccoli ¼ c. Mixed Fruit ½ c. 1% White Milk 6oz.	3. Vegetable Chili ¾ c. WW Bread 1 sl. Toss Sld w/carrot ½ c. Pineapple Tidbits ½ c. 1% White Milk 6oz.
6. Chicken Meatballs 2ea. w/gravy 1 oz Tomato 1 sl. & Cheese 1.5 oz. Whole Wheat Dinner Roll 1 ea. Broccoli ¼ c. Orange 1ea. 1% White Milk 6oz.	7. Cheesy Pasta Casserole ¾ c. Italian Veg. ¼ c. Diced Peaches ½ c. 1% White Milk 6oz.	8. Turkey Ham 6sl & Chz 1sl Mini Cheese Ravioli 5 ea. w/ Marinara WWBread 1 slice Shredded Lettuce ¼ c Jicama Sticks ½ c. Mixed Fruit ½ c. 1% White Milk 6oz.	9. Bk Chicken Drum. 1ea Vegetarian Chili ¾ c. Grated Cheese 1.5 oz Whole Wheat Dinner Roll 1 ea. Veg. Medley ¼ c Apricots ½ c. 1% White Milk 6oz.	10. Spaghetti w/ meatsauce, bellpepper&mushrm ¾ c. Spaghetti 1.5 oz Marinara Sauce 1/4c Hi C Salad ½ c Applesauce ½ c. 1% White Milk 6oz.
13. Lincoln's Birthday 	14. Build Your Own Chicken Wrap WG 6" Flour Tortilla 1ea Chkn Fajita 3oz. Refried Beans ¼ ¾ c. Shred. Cheese ½ oz. Shredded Lettuce ½ c. Diced Pears ½ c. 1% White Milk 6oz.	15. Mac & Cheese w/ Beef Crumble ¾ c. Mac & Cheese ¼ c. Toss Sld w/carrot ½ c. Apricots ½ c. 1% White Milk 6oz.	16. WGBean & Cheese burrito 1 ea. Baby Carrots 2.6 oz Mixed Fruit ½ c. 1% White Milk 6oz.	17. BBQ Pork Rib B-Q Sand. Garden Burger 1 ea. Cheese 1 sl. On Whole Wheat Bun 1 ea. Coleslaw ¼ c. Diced Peaches ½ c. 1% White Milk 6oz.
20. President's Day 	21. WGBrd. Chicken Strips 2ea. Vegetarian Chili ¾ c. Grated Cheese 1.5 oz. WW Bread 1 sl. Broccoli ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6oz.	22. Cheese Sandwich WW Brd 1 & 2 Cheese sl. Vegetable Chili ¼ c. Cantaloupe Chunks ½ c. 1% White Milk 6oz.	23. Chinese Chicken Stir Fry ¾ c. Vegetable Soup ¾ c. Grated Cheese 1.5 oz. WG Brown Rice ½ c. Diced Pears ½ c. 1% White Milk 6oz.	24. WGBean & Cheese burrito 1 ea. Baby Carrots 2.6oz pkt Mixed Fruit ½ c. 1% White Milk 6oz.
27. Bk Chicken Drum. 1ea Garden Burger 1 ea. WW Bread 1 sl. Peas & Carrots ¼ c. Orange 1ea. 1% White Milk 6oz.	28. Beef Mtloaf w/grv 1ea. Mac & Cheese ¾ Grated cheese 1.5 oz. Deluxe Mashed Potatoes ¼ c. WW Bread 1 sl. Apricots ½ c. 1% White Milk 6oz.			

This institution is an equal opportunity provider.



Plants need clean water



Care for California



Put fresh on your plate

