

Breakfast K-12

February 2023

MON

TUE

WED

THU

FRI

6
Cherry Cocoa Bar
Cranberries & 100% Fruit Juice

7
Waffles
Raspberry Yogurt
Graham Crackers
Diced Pineapple & 100% Apple Juice

1
Waffles
Banana Muffin
Diced Peaches & 100% Grape Juice
Banana Muffin

2
Pancakes
Blueberry Shredded Wheat
Graham Crackers
Applesauce & 100% Orange Juice
Blueberry Shredded Wheat

3
Cinnamon Crips Bar
Fresh Banana & 100% Pineapple Juice
Cinnamon Crips Bar

13
Cinnamon Crip Bar
Raisins & 100% Grape Juice

14
Pancakes
Strawberry Yogurt
Graham Crackers
Diced Pineapple & 100% Apple Juice

15
Apple Frudel
Cinnamon Flakes Cereal
Graham Crackers
Diced Peaches & 100% Grape Juice

16
Waffles
Plain Bagel
Cream Cheese
Applesauce & 100% Orange Juice

10
Cinnamon Flakes Cereal
Graham Crackers
Fresh Banana & 100% Pineapple Juice

20
Multi-Grain Cheerios
Graham Crackers
Cranberries & 100% Fruit Juice

21
Pancakes
Raspberry Yogurt
Graham Crackers
Diced Pineapple & 100% Apple Juice

22
French Toast
Cinnamon Raisin Bagel
Butter
Diced Peaches & 100% Grape Juice

23
Cinnamon Bun
Honey Bunches of Oats
Graham Crackers
Applesauce & 100% Orange Juice

17
Blueberry Muffin
Fresh Banana & 100% Pineapple Juice

27
Multi-Grain Frosted Flakes
Graham Crackers
Cranberries & 100% Fruit Juice
Multi-Grain Frosted Flakes

28
Apple Frudel
Strawberry Yogurt
Graham Crackers
Diced Pineapple & 100% Apple Juice
Strawberry Yogurt

24
Cherry Cocoa Bar
Fresh Banana & 100% Pineapple Juice

Did You Know?

- All grain products are whole grain rich
- There are no pork products on this menu
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup



This institution is an equal opportunity provider.

Lunch K-8

February 2023

MON

TUE

WED

THU

FRI

1 Beef Meatloaf w/ Gravy

Veggie Burger w/ Ketchup

Mashed Potatoes

Fresh Apple

2 Stuffed Bread Sticks w/ Marinara Dipping Sauce

Chicken Tamale

100% Sun Splash Juice

Fresh Banana

3 French Bread Cheese Pizza

Turkey & Cheese Sandwich w/ Mayo

Baby Carrots w/ Ranch Dressing

Cranberries

6 Cheese Quesadilla w/ Sour Cream

Beef Salisbury w/ Gravy

Mexican Corn Salad

Fresh Orange

7 Chicken & Vegetable Dumplings

Cheese Lasagna w/ Tomato Sauce

Oriental Vegetables

Fresh Pear

8 BBQ Chicken

Chickpea Marinara w/ Cheese

Brown Rice

Baked Beans

Fresh Apple

9 French Toast Sticks w/ Scrambled Eggs

Turkey Fajita

Roasted Sweet Potatoes

Fresh Banana

10 Cheese Pizza

Chicken Breast Sandwich w/ Mayo

Garden Side Salad w/ Ranch

Cranberries

13 Cheese Beef Burger w/ Ketchup

Egg & Cheese Sandwich w/ Ketchup

(WW Bun)

Roasted Potatoes

Fresh Orange

14 Fajita Chicken

Spanish Rice w/ Cheese & Beans

Brown Rice

Black Beans & Tomatoes

Fresh Orange

15 Beef Meatballs w/ Tomato Sauce & Parm Cheese

Veggie Burger w/ Ketchup

Spaghetti

Broccoli

Fresh Apple

16 Cheese Raviolis

Cobb Salad

(Pasta Ravioli)

Green Beans

Fresh Banana

17 Turkey & Cheese Sandwich w/ Mayo

Baby Carrots w/ Ranch Dressing

Cranberries

20 BBQ Beef Meatballs

Pasta w/ Tomato Sauce & Mozzarella Cheese

WW Cobb Roll

Broccoli

Fresh Orange

21 Turkey Hot Dog w/ Ketchup

Spanish Rice w/ Cheese & Beans

(WW Bun)

Baked Beans

Fresh Pear

22 Chicken Tenders w/ Ketchup

Protein Pasta Alfredo

(WGR Breading)

Roasted Potatoes

Fresh Apple

23 Cheese Lasagna w/ Tomato Sauce

Chicken Caesar Salad

(Lasagna)

Green Beans

Fresh Banana

24 Cheese Pizza

Chicken Breast Sandwich w/ Mayo

(Pizza Dough)

Baby Carrots w/ Ranch Dressing

Cranberries

27 Chicken Nuggets w/ Ketchup

Falafel Bites

(WGR Breading)

Baked Beans

Fresh Orange

28 Macaroni & Cheese

Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese

(Macaroni)

Broccoli

Fresh Pear

Did You Know?

- All grain products are whole grain rich
- There are no pork products on this menu
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

