

L1 - Hot Meal  
L2 - Sandwich Option  
L3 - Salad Option

Meals must be preordered  
by the previous Tuesday

MONDAY 2/6		TUESDAY 2/7		WEDNESDAY 2/8		THURSDAY 2/9		FRIDAY 2/10	
BREAKFAST									
1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL		1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING		1/2 c Whole Fruit, 1/2 c 100% Juice 2 oz. WHOLE GRAIN MUFFIN		1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL		1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING	
LUNCH - 1 c milk									
MACARONI & CHEESE 2 oz WHOLE GRAIN ROTINI & 2 oz CHEESE 1 c BROCCOLI w/ DIP 1 c FRESH FRUIT		TURKEY MEATLOAF w/ GRAVY w/ 2 oz TURKEY 2 slices WHOLE WHEAT BREAD 1 c ROASTED POTATOES 1 c FRESH FRUIT KETCHUP		BBQ CHICKEN ON A BULKIE 2 oz CHICKEN & 1/2 c ROMAINE WHOLE GRAIN BULKIE ROLL 1 c POTATO SALAD 1 c FRESH FRUIT		AMERICAN CHOP SUEY 2 oz BEEF & 2 oz WHOLE GRAIN ROTINI w/ TOMATO SAUCE 1 c GREEN BEANS 1 c FRESH FRUIT		CHICKEN PATTY 2 oz CHICKEN WHOLE GRAIN ROLL 1 c CORN 1 c FRESH FRUIT KETCHUP	
SANDWICH - Tuna Salad, whole grain bulky roll, fruit & veggie									
SALAD -Southwest Salad, romaine, corn, tomato,onion, black beans string cheese, roll & fruit									
2/13		2/14		2/15		2/16		2/17	
BREAKFAST									
1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL		1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING		1/2 c Whole Fruit, 1/2 c 100% Juice 2 oz. WHOLE GRAIN MUFFIN		1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL		1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING	
LUNCH - 1 c milk									
SLOPPY JOES 2 oz TURKEY; TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1 c ZUCCHINI w/ DIP 1 c FRESH FRUIT		CHICKEN TACO 2 oz CHICKEN & SHREDDED CHEESE 1/4 c DICED TOMATOES & 1/2 c SHREDDED ROMAINE (on side) WHOLE WHEAT WRAP 1/2 c POTATO SALAD 1 c FRESH FRUIT		MACARONI & CHEESE 2 oz WHOLE GRAIN ROTINI & 2 oz CHEESE 1 c CARROTS w/ DIP 1 c FRESH FRUIT		MEATBALL GRINDER 4 MEATBALLS (2 oz BEEF) & TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1 c BROCCOLI w/ DIP 1 c FRESH FRUIT		CHEESE PIZZA w/ 2 oz CHEESE & 2 oz WHOLE GRAIN CRUST SALAD w/ 1 c KALE & ROMAINE, 1/4 c TOMATO, 1/4 c CUCUMBER & DRESSING 1 c FRESH FRUIT	
SANDWICH - BBQ Chicken, whole grain bulkie roll, fruit & veggie									
SALAD -Tossed Salad w/Tuna, kale & spring mix, tomatoes, carrots, roll & fruit									
2/20		2/21		2/22		2/23		2/24	
BREAKFAST									
<b>WINTER BREAK (NO SCHOOL)</b>									
2/27		2/28		3/1		3/2		3/3	
BREAKFAST									
1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL		1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING		1/2 c WHOLE FRUIT, 100% FRUIT JUICE 2 oz. WHOLE GRAIN MUFFIN		1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL		1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING	
LUNCH - 1 c milk									
SLOPPY JOES 2 oz TURKEY; TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1 c CUCUMBERS w/ DIP 1 c FRESH FRUIT		MACARONI & CHEESE 2 oz WHOLE GRAIN ROTINI & 2 oz CHEESE 1 c SPINACH 1 c FRESH FRUIT		CHICKEN PATTY 2 oz CHICKEN WHOLE GRAIN ROLL 1 c ROASTED POTATOES 1 c FRESH FRUIT KETCHUP		MEXICAN RICE & BEEF TACOS 2 oz BEEF, 1/2 c BROWN RICE & 1/2 c ONION & GREEN PEPPERS 1 oz TORTILLA SCOOPS 1/2 c SOUTHWEST BEANS 1 c FRESH FRUIT		5 Whole Grain CHICKEN NUGGETS w/ 2 oz CHICKEN 1/2 c BROWN RICE 1 c CORN 1 c FRESH FRUIT	
SANDWICH - Egg Salad, Whole Grain bulkie roll, fruit & veggie									
SALAD - Garden Salad w/citrus chicken, spring mix, bell peppers, cucumbers, carrots & tomatoes, roll & fruit									