

L1 - Hot Meal L2 - Sandwich Option L3 - Salad Option	B - Breakfast	Meals must be preordered by the previous Tuesday

MONDAY 2/5	TUESDAY 2/6	WEDNESDAY 2/7	THURSDAY 2/8	FRIDAY 2/9
BREAKFAST				
1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c whole fruit 3 oz WG BAGEL w/ TOPPING	1/2 c Whole Fruit, 1/2 c whole fruit 2 oz WHOLE GRAIN MUFFIN	1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c whole fruit 3 oz WG BAGEL w/ TOPPING
LUNCH - 1 c milk				
CHICKEN NUGGETS 5 WG CHICKEN NUGGETS 2 oz CHICKEN WHOLE GRAIN ROLL 1/2 c ROASTED POTATOES 1 c FRESH FRUIT KETCHUP	MEATBALL GRINDER 4 MEATBALLS (2 oz BEEF) & TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1/2 c CAULIFLOWER & 1/2 c BROCCOLI – LIGHTLY STEAMED 1 c FRESH FRUIT	CHICKEN PATTY 2 oz CHICKEN WHOLE GRAIN ROLL 1 c SWEET POTATO 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 CELERY w/ DIP 1 c FRESH FRUIT	CHEESE PIZZA w/ 2 oz WHOLE GRAIN CRUST & 2 oz STRING CHEESE 1 c CARROTS w/ DIP 1 c FRESH FRUIT
SANDWICH - Tuna Salad, whole grain bulkie roll , Fruit & Veggie				
SALAD -Greek Salad, romain, feta, tomato, cucumber, onion, olives , roll & fruit				
12/12	12/13	12/14	12/15	12/16
BREAKFAST				
1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c whole fruit 2 oz WHOLE GRAIN MUFFIN	1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c whole fruit 3 oz WG BAGEL w/ TOPPING	1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL
LUNCH - 1 c milk				
MEATBALL GRINDER 4 MEATBALLS (2 oz BEEF) & TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1/2 c CAULIFLOWER & 1/2 c BROCCOLI – LIGHTLY STEAMED 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 c FRESH FRUIT	AMERICAN CHOP SUEY 2 oz BEEF & 2 oz WG 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	SLOPPY JOES 2 oz TURKEY; TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1 c ZUCCHINI w/ DIP 1 c FRESH FRUIT
SANDWICH -BBQ Chix on Bulkie Roll, Fruit & Veggie				
SALAD -Southwest Salad, Romain, tomato, corn, onion, black beans, string cheese, roll & fruit				
2/19	2/20	2/21	2/22	2/23
No School - Winter Recess				
2/26	2/27	2/28	2/29	3/1
BREAKFAST				
1/2 c Whole Fruit, 1/2 c whole fruit 3 oz WG BAGEL w/ TOPPING	1/2 c Whole Fruit, 1/2 c whole fruit 2 oz WHOLE GRAIN MUFFIN	1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c whole fruit 3 oz WG BAGEL w/ TOPPING	1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL
LUNCH - 1 c milk				
SWEDISH MEATBALLS 4 MEATBALLS (2 oz BEEF) 1 c WHOLE GRAIN NOODLES 1 c CARROTS w/ DIP 1 c FRESH FRUIT	CHICKEN PATTY 2 oz CHICKEN WHOLE GRAIN ROLL 1/2 c SPRING MIX, 1/4 c TOMATOES & 1/4 c CUCUMBERS 1 c FRESH FRUIT	BREAKFAST FOR LUNCH 2 oz TURKEY SAUSAGE PATTY 2 WG FRENCH TOAST STICKS w/ SYRUP 1 c TATER TOTS 1 c FRESH FRUIT KETCHUP	CHEESE PIZZA w/ 2 oz WHOLE GRAIN CRUST & 2 oz STRING CHEESE 1 c RED BELL PEPPERS w/ DIP 1 c FRESH FRUIT	SLOPPY JOES 2 oz TURKEY; TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1 c CUCUMBERS w/ DIP 1 c FRESH FRUIT
SANDWICH - Turkey & Swiss on Wheat Bread, fruit & veggie				
SALAD - Tossed Salad w/Tuna, kale, spring mix, tomatoes, carrots, roll & fruit				