

Lunch Pre-K

Cold Wednesday

FEBRUARY 2025

MON	TUE	WED	THU	FRI
<p>3 Beef Burgerw/ Ketchup & Green Beans or Spanish Rice & Beans (V) Fresh Apple</p>	<p>4 Pasta& Chicken Meatballs in Tomato Saucew/ Italian Vegetables or FalafelNuggets w/ Whole WheatBread Slice & Corn (V) Fresh Pear</p>	<p>5 Chicken Breast Sandwich w/ Mayo or Cheese Sandwich (V) Potato Salad Fresh Apple</p>	<p>6 Meatloaf w/ Gravy & Mashed Potatoes or Penne w/ Chickpeasin TomatoSauce & Broccoli (V) Fresh Banana</p>	<p>7 Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple</p>
<p>10 Chicken Parnesanw/ Green Beans or Penne Pastain Tomato Saucew/ Mozzarella Cheese &Italian Vegetables (V) Fresh Apple</p>	<p>11 SpanishRice& Beans (V) Plantain Fresh Pear</p>	<p>12 Turkey Bologna & Cheese Sandwich w/ Mustard or Sunbutter & Jelly Sandwich w/ Cheese Sick (V) Celery Sticks w/ Ranch Dressing Fresh Apple</p>	<p>13 BBQChicken w/ Mashed Sweet Potatoes or Home-StyleMacaroni & Cheese w/ Broccoli(V) Fresh Banana</p>	<p>14 TurkeyFajita w/ Brown Rice & Corn or Cheese Pizza w/ Garden Salad & Ranch Dressing (V) Fresh Apple</p>
<p>17</p>	<p>18 Chicken Mole w/ Brown Rice Pilaf & Green Peas or Spanish Rice & Beans w/ Plantain (V) Fresh Pear</p>	<p>19 Turkey & Cheese Sandwich or Cheese Sandwich (V) Chickpea Salad Fresh Apple</p>	<p>20 Penne w/ Meat sauce & Blended Vegetables or Penne w/ Chickpeas in Tomato Sauce & Broccoli(V) Fresh Banana</p>	<p>21 Home-style Macaroni & Cheese w/ Broccoli (V) Fresh Apple</p>
<p>24 Chicken Bites w/ Roasted Potatoes or Vegetarian Chili w/ Brown Rice & Green Beans (V) Fresh Apple</p>	<p>25 Turkey Chili w/ Whole-wheat Bread Slice & Mixed Vegetables or Spanish Rice & Beans w/ Plantains Fresh Pear</p>	<p>26 Hero Sandwich or Sunbutter & Jelly Sandwich w/ Cheese stick (V) Garden Salad w/ Ranch Dressing Fresh Apple</p>	<p>27 Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Home Style Macaroni & Cheese w/ Broccoli (V) Fresh Banana</p>	<p>28 Penne Pastain Tomato Saucew/ Mozzarella & RicottaCheese (V) Italian Vegetables Fresh Apple</p>

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

Lunch Milk Choices

1% Milk and Skim Milk

Please Note

Locally grown component planned daily.

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V"



Lunch K-8

FEBRUARY 2025

MON	TUE	WED	THU	FRI
<p>3 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf Black Beans & Tomato (V) Fresh Apple</p>	<p>4 NEW! General Tso's Chicken w/ Brown Rice or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear</p>	<p>5 Beef Cheeseburger w/ Ketchup or French Toast w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Apple</p>	<p>6 Adobo Chicken w/ Cilantro Brown Rice or NEW! Bean & Cheese Burrito (V) Street Corn Fresh Banana</p>	<p>7 Chicken Salad Flatbread or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple</p>
<p>10 Meatloaf w/ Gravy & Mashed Potatoes or Cheese Quesadilla w/ Sour Cream & Street Corn (V) Fresh Apple</p>	<p>11 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Cheese & Beans (V) Fresh Pear</p>	<p>12 NEW! Chicken Enchilada Empanada Baby Carrots w/ Ranch Dressing or Cheese Ravioli w/ Tomato Sauce & Green Beans (V) Fresh Apple</p>	<p>13 Turkey Chili w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana</p>	<p>14 Southwest Chicken Salad w/ Muffin & Ranch Dressing or NEW! White Cheese Pizza Foldover (V) Garden Salad & Ranch Dressing Fresh Apple</p>
<p>17</p>	<p>18 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole Wheat Bread Slice & Peas (V) Fresh Pear</p>	<p>19 Beef Cheeseburger w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple</p>	<p>20 Chicken Caesar Salad w/ Pita Bread and Ranch Dressing or Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana</p>	<p>21 Chicken Breast Sandwich or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple</p>
<p>24 Salisbury Steak w/ Gravy or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple</p>	<p>25 Turkey Hot Dog w/ Ketchup or Veggie Burger w/ Ketchup (V) Baked Beans Fresh Pear</p>	<p>26 Beef Meatballs in Tomato Sauce w/ Club Roll & Broccoli or NEW! Caribbean Rice Bowl (V) Garden Salad w/ Italian Dressing Fresh Apple</p>	<p>27 Cheesy Crispy Chicken Biscuit Sandwich Roasted Sweet Potatoes or Cobb Salad w/ Pita Bread & Ranch Dressing (V) Fresh Banana</p>	<p>28 Turkey & Cheese Sandwich w/ Mayo or French Bread Pizza (V) Baby Carrots w/ Ranch Sandwich Fresh Apple</p>

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