

\*Milk is served with every meal

\*Whole Grain served daily

## Lunch Menu February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Pizza Fresh Fruit Fresh Veggie	<b>4</b> Beef Tacos Lettuce/Tomato Cheese Pears	<b>5</b> Pork Roast Boiled Potatoes Apples Rolls	<b>6</b> Cheese Tortellini Green Beans Mixed Fruit	<b>7</b> Pulled Pork Sandwich Waffle Fries Applesauce Cucumbers
<b>10</b> Pizza Fresh Fruit Fresh Veggie	<b>11</b> Chilli Cheese Stick Cantelope Crackers	<b>12</b> Chicken Legs Baked Potatoes Corn Oranges Roll	<b>13</b> French Toast Bake Green Beans Sausage Patty Apples	<b>14</b> Tomato Soup Turkey Croissant Sliced Cucumber Plums
<b>17</b> Pizza Fresh Fruit Fresh Veggie	<b>18</b> Chicken Breast Roasted Potatoes Melon Rice	<b>19</b> Meatloaf Noodles Corn Strawberries	<b>20</b> Cheese Ravioli Green Beans Melon	<b>21</b> Chicken Soup Ham and Cheese Croissant Carrots Pears
<b>24</b> Pizza Fresh Fruit Fresh Veggie	<b>25</b> Chicken Tacos Cheese Lettuce/Tomato Pears	<b>26</b> Beef Veggie Stew Whole Wheat Bread Apples	<b>27</b> Sausage Egg Strata Mixed Veggies Berries Breda	<b>28</b> Hamburger Curly Fries Corn Mixed Fruit

**Breakfast** consists of unflavored whole milk for children one year old, unflavored low-fat or fat-free milk for children older than two years old; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.

**Afternoon snack** consists of one grain, protein, or dairy product and one fruit or vegetable.

**Note:** non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs.