

*Milk is served with every meal
 *Whole Grain served daily

Lunch Menu February 2023



Monday	Tuesday	Wednesday	Thursday	Friday
30 Pizza Carrot Sticks Sliced Apples	31 Macaroni and Cheese Green Beans Mixed Fruit	1 Hamburger Roasted Potatoes Cucumbers Sliced Pears	2 Black Bean and Corn Enchiladas Melon	3 Ham and Cheese Sandwich Tomato Soup Sliced Oranges
6 Pizza Sliced Cucumbers Sliced Strawberries	7 Chicken Tacos Lettuce, Tomato and Cheese Bananas	8 Ham and Cheese Casserole Broccoli Sliced Oranges	9 Spaghetti and Meatballs Corn Sliced Apples	10 Chicken and Vegetable Noodle Soup Tuna Sandwich Sliced Pears
13 Pizza Carrot Sticks Bananas	14 Chicken Strips Roasted Potatoes Corn Sliced Apples	15 Mostaccioli with Cheese and Marinara Broccoli Mixed Berries	16 Chicken Noodle Casserole Peas Sliced Pears	17 Fish Sandwich Coleslaw Sliced Oranges
20 Pizza Green Beans Sliced Apples	21 Beef Tacos Lettuce, Tomato and Cheese Bananas	22 Goulash Corn Mixed Berries	23 Turkey on a Bun Broccoli Sliced Melon	24 Chili Cheese and Crackers Sliced Pears
27 Pizza Sliced Cucumbers Sliced Strawberries	28 Spaghetti with Meat Sauce Mixed Vegetables Bananas	1	2	3

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.