

Milk is served with lunch

## Lunch Menu February 2024



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Chicken Fingers Pasta Vegetable Fruit	<b>2</b> Chicken and Rice Casserole Carrots Fruit
<b>5</b> Pizza Mixed Vegetables Apples	<b>6</b> Chicken Alfredo Pasta Green Beans Pineapple	<b>7</b> Jambalaya Rice Corn Strawberries	<b>8</b> Ham and Potato Casserole Peas Mixed Berries Roll	<b>9</b> Hamburgers Bun Cucumbers and Tomatoes Melon
<b>12</b> Pizza Carrots Bananas	<b>13</b> Meatsauce Pasta Broccoli and Cauliflower Apples	<b>14</b> Fish Sticks Coleslaw Strawberries Roll	<b>15</b> Turkey Sandwich Vegetable Soup Melon	<b>16</b> Lasagna with Cheese Zucchini Oranges Breadstick
<b>19</b> Pizza Green Beans Oranges	<b>20</b> Beef Tacos Cheese, Lettuce and Tomato Apples	<b>21</b> Beef Chili Cheese Sandwich Mixed Berries	<b>22</b> Chicken Quesadillas Cucumbers and Tomatoes Melon	<b>23</b> Egg Salad Sandwich Tomato Soup Mixed Fruit
<b>26</b> Pizza Cucumbers Pineapple	<b>27</b> Baked Chicken Parsely Potatoes Green Beans Apples Roll	<b>28</b> Swedish Meatballs Pasta Peas and Carrots Mixed Berries	<b>29</b> Chicken Tacos Cheese, Lettuce and Tomato Oranges	

**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. All hotdish and casserole dishes include rice or noodles. A protein like beans, veggie burgers, or tofu will be served in place of meat as needed for those who do not eat meat.

**Fresh Fruit** - May vary depending on the time of year. This will consist of any of the following: Apples, Oranges, Pears, Nectarines, Bananas, Blueberries, Strawberries, Black or Red Berries and Melons.

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