

# Breakfast Menu



**February 2023**

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
|   |   | 1<br>Frosted Flakes w/<br>Cinnamon Grahams<br>Cinnamon Delight<br>100% Fruit Juice<br>2nd Fruit- Apple<br>1% White Milk<br>Fat Free White Milk | 2<br>Froot Loops w/ Honey<br>Grahams<br>Scrambled Egg Breakfast<br>Sandwich<br>Main Fruit Orange<br>2nd Fruit- Pear<br>1% White Milk<br>Fat Free White Milk               | 3<br>Blueberry Mini Muffin &<br>String Cheese<br>Apple Jacks w/<br>Cinnamon Grahams<br>Main Fruit Pear<br>2nd Fruit- Apple<br>1% White Milk<br>Fat Free White Milk |
| 6<br>Frosted Flakes w/<br>Cinnamon Grahams<br>Mantecada Muffin<br>2nd Fruit- Apple<br>Raisins<br>1% White Milk<br>Fat Free White Milk | 7<br>Bean & Cheese Burrito<br>w/ Hot Sauce<br>Cheerios w/ Honey<br>Crackers<br>Main Fruit Banana<br>2nd Fruit- Pear<br>1% White Milk<br>Fat Free White Milk | 8<br>Pan Dulce<br>Cheerios w/ Cinnamon<br>Grahams<br>2nd Fruit- Apple<br>Main Fruit Orange<br>1% White Milk<br>Fat Free White Milk             | 9<br>Froot Loops w/ Honey<br>Grahams<br>Pancake Stack w/ Syrup<br>Main Fruit Orange<br>2nd Fruit- Pear<br>1% White Milk<br>Fat Free White Milk                            | 10<br>Apple Jacks w/ Honey<br>Grahams<br>Whole Grain Bagel w/<br>Cream Cheese<br>Main Fruit Pear<br>2nd Fruit- Apple<br>1% White Milk<br>Fat Free White Milk       |
| 13<br>Frosted Flakes w/<br>Cinnamon Grahams<br>Banana Bread<br>2nd Fruit- Apple<br>Raisins<br>1% White Milk<br>Fat Free White Milk    | 14<br>Apple Jacks w/ Honey<br>Grahams<br>WG Mini Maple Eggo<br>Waffles<br>Main Fruit Banana<br>2nd Fruit- Pear<br>1% White Milk<br>Fat Free White Milk      | 15<br>Cinnamon Roll<br>Cheerios w/ Cinnamon<br>Grahams<br>2nd Fruit- Apple<br>Main Fruit Orange<br>1% White Milk<br>Fat Free White Milk        | 16<br>Froot Loops w/ Honey<br>Grahams<br>Chicken Sausage<br>Breakfast Biscuit<br>Sandwich<br>Main Fruit Orange<br>2nd Fruit- Pear<br>1% White Milk<br>Fat Free White Milk | 17<br>Apple Jacks w/ Honey<br>Grahams<br>Mini Vanilla Loaf &<br>String Cheese<br>Main Fruit Pear<br>2nd Fruit- Apple<br>1% White Milk<br>Fat Free White Milk       |
| 20<br>Frosted Flakes w/<br>Cinnamon Grahams<br>2nd Fruit- Apple<br>Raisins<br>1% White Milk<br>Fat Free White Milk                    | 21<br>Apple Jacks w/ Honey<br>Grahams<br>Breakfast Cheese<br>Tamale<br>Main Fruit Banana<br>2nd Fruit- Pear<br>1% White Milk<br>Fat Free White Milk         | 22<br>Coffee Cake<br>Cheerios w/ Cinnamon<br>Grahams<br>100% Fruit Juice<br>2nd Fruit- Apple<br>1% White Milk<br>Fat Free White Milk           | 23<br>Froot Loops w/ Honey<br>Grahams<br>Pancake Stack w/ Syrup<br>Main Fruit Orange<br>2nd Fruit- Pear<br>1% White Milk<br>Fat Free White Milk                           | 24<br>Apple Jacks w/ Honey<br>Grahams<br>Pan Dulce<br>Main Fruit Pear<br>2nd Fruit- Apple<br>1% White Milk<br>Fat Free White Milk                                  |
| 27  | 28  |  |   |  |

Frosted Flakes w/  
Cinnamon Grahams  
Whole Grain Bagel w/  
Cream Cheese  
2nd Fruit- Apple  
Raisins  
1% White Milk  
Fat Free White Milk

Yogurt Parfait w/  
Strawberries & Honey  
Grahams  
Apple Jacks w/ Honey  
Grahams & Whole Fruit  
Banana  
1% White Milk  
Fat Free White Milk

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.

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# Lunch Menu



February 2023

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
|  |  | 1   | 2   | 3   |
|  |  | Beef Nachos w/ Baked Chips<br>Turkey Breast Sandwich w/ Garbanzo Bean Salad<br>Chicken Burrito Bowl Double Cheese<br>Sandwich on WG Bun w/ Garbanzo Bean Salad<br>Plant-Based Chicken Burrito Bowl<br>Jicama w/ Tajin<br>Banana<br>1% White Milk<br>Fat Free White Milk<br>Fat Free Chocolate Milk  | Chicken Tamale w/ Seasoned Corn Double Cheese<br>Sandwich on WG Bun w/ Baby Carrots<br>Breakfast for Lunch: Pancake, Sausage Links & Seasoned Potatoes<br>Cheese Tamale w/ Seasoned Corn<br>Italian Turkey Submarine w/ Baby Carrots HS<br>Baby Carrots 2<br>Apple Sauce<br>1% White Milk<br>Fat Free White Milk<br>Fat Free Chocolate Milk | Smoked Turkey & Cheese Sandwich on Knot Roll<br>Double Cheese Sandwich w/ Lettuce Bean & Cheese Burrito w/ Hot Sauce<br>Beef, Bean & Cheese Burrito w/ Hot Sauce<br>Spinach Salad w/ Italian Dressing<br>100% Fruit Juice<br>Fat Free White Milk<br>Fat Free Chocolate Milk<br>1% White Milk  |
| 6  | 7  | 8   | 9   | 10  |
| Cheeseburger w/ Oven Baked Fries<br>Turkey & Cheese Torta w/ Side of Fries<br>Double Cheese Torta w/ Side of Fries<br>Hot Dog w/ Oven Baked Fries<br>Plant-Based Chicken Tenders w/ Seasoned Fries<br>Apple<br>1% White Milk<br>Fat Free White Milk<br>Fat Free Chocolate Milk | Smoked Turkey & Cheese Sandwich on Knot Roll w/ Baby Carrots<br>Cheese Lasagna w/ Tomato Basil Sauce<br>Double Cheese Sandwich on WG Bun w/ Baby Carrots<br>Cheesy Penne Alfredo w/ Steamed Broccoli & Dinner Roll<br>Chicken Alfredo Pasta w/ Steamed Broccoli<br>Baby Carrots<br>Orange<br>1% White Milk<br>Fat Free White Milk<br>Fat Free Chocolate Milk | Beef Nachos w/ Baked Chips<br>Turkey Breast Sandwich on WG Roll w/ Garbanzo Corn Salad<br>Chicken Taco Salad w/ Baked Chips<br>French Bread Pizza w/ Garbanzo Corn Salad<br>Double Cheese Sandwich w/ Garbanzo Corn Salad<br>Turkey Chili w/ Corn Muffin<br>Cucumber Slices w/ Tajin<br>Banana<br>1% White Milk<br>Fat Free White Milk<br>Fat Free Chocolate Milk | Chicken Tamale w/ Seasoned Corn Double Cheese<br>Sandwich on WG Bun w/ Baby Carrots<br>Chicken Tortilla Soup w/ Tortilla Chips<br>Cheese Tamale w/ Seasoned Corn<br>Italian Turkey Submarine w/ Baby Carrots HS<br>Baby Carrots 2<br>Mixed Berry Cups<br>1% White Milk<br>Fat Free White Milk<br>Fat Free Chocolate Milk                    | Buffalo Chicken Salad w/ Baked Chips<br>Hamburger<br>Vegetarian Burger<br>Double Cheese Sandwich<br>Beef, Bean & Cheese Burrito w/ Hot Sauce<br>Turkey Breast Sandwich on WG Roll<br>Spinach, Tomato, Pickle Kit<br>Orange<br>1% White Milk<br>Fat Free White Milk<br>Fat Free Chocolate Milk |
| 13   | 14   | 15  | 16  | 17  |

Cheeseburger w/ Oven Baked Fries  
 Turkey & Cheese Torta w/ Side of Fries  
 Double Cheese Torta w/ Side of Fries  
 Chicken Patty Burger w/ Oven Baked Fries  
 Vegetarian Burger w/ Oven Baked Fries  
 Apple  
 1% White Milk  
 Fat Free White Milk  
 Fat Free Strawberry Milk

Smoked Turkey & Cheese Sandwich on Knot Roll w/ Baby Carrots  
 Cheese Lasagna w/ Tomato Basil Sauce  
 Double Cheese Sandwich on WG Bun w/ Baby Carrots  
 Firecracker Chicken w/ Yakisoba Noodles  
 Baby Carrots  
 Apple  
 1% White Milk  
 Fat Free White Milk  
 Fat Free Strawberry Milk

Beef Nachos w/ Baked Chips  
 Turkey Breast Sandwich on WG Roll w/ Garbanzo Corn Salad  
 Beef Picadillo w/ Black Beans & Rice  
 Chicken Taco Salad w/ Baked Chips  
 Double Cheese Sandwich w/ Garbanzo Corn Salad  
 French Bread Pizza w/ Garbanzo Corn Salad  
 Celery Sticks  
 Banana  
 1% White Milk  
 Fat Free White Milk  
 Fat Free Strawberry Milk

Chicken Tamale w/ Seasoned Corn  
 Double Cheese Sandwich on WG Bun w/ Baby Carrots  
 Plant-Based Chicken Tenders w/ Mashed Potatoes & Dinner Roll  
 Italian Turkey  
 Submarine w/ Baby Carrots HS  
 Chicken Nuggets w/ Mashed Potatoes & Baked Chips  
 Baby Carrots 2  
 Apple Sauce  
 1% White Milk  
 Fat Free White Milk  
 Fat Free Strawberry Milk

Buffalo Chicken Salad w/ Baked Chips  
 BBQ Beef Rib-A-Que Sandwich  
 Vegetarian Burger  
 Double Cheese Sandwich  
 Beef, Bean & Cheese Burrito w/ Hot Sauce  
 Turkey Breast Sandwich on WG Roll  
 Broccoli Dipper w/ Ranch Dressing  
 Orange  
 1% White Milk  
 Fat Free White Milk  
 Fat Free Strawberry Milk

20

Cheeseburger w/ Oven Baked Fries  
 Turkey & Cheese Torta w/ Side of Fries  
 Double Cheese Torta w/ Side of Fries  
 Vegetarian Burger w/ Oven Baked Fries  
 100% Fruit Juice  
 1% White Milk  
 Fat Free White Milk  
 Fat Free Chocolate Milk

21

Smoked Turkey & Cheese Sandwich on Knot Roll w/ Baby Carrots  
 Cheese Lasagna w/ Tomato Basil Sauce  
 Double Cheese Sandwich on WG Bun w/ Baby Carrots  
 Chicken Enchiladas w/ Creamy Green Salsa  
 Cheese Enchiladas w/ Creamy Green Salsa  
 Baby Carrots  
 Orange  
 1% White Milk  
 Fat Free White Milk  
 Fat Free Chocolate Milk

22

Beef Nachos w/ Baked Chips  
 Turkey Breast Sandwich on WG Roll w/ Garbanzo Corn Salad  
 Plant-Based Chicken Burrito Bowl  
 Chicken Taco Salad w/ Baked Chips  
 Double Cheese Sandwich w/ Garbanzo Corn Salad  
 Chicken Burrito Bowl  
 Cucumber Slices w/ Tajin  
 Banana  
 1% White Milk  
 Fat Free White Milk  
 Fat Free Chocolate Milk

23

Chicken Tamale w/ Seasoned Corn  
 Double Cheese Sandwich on WG Bun w/ Baby Carrots  
 Cheese Tamale w/ Seasoned Corn  
 Italian Turkey  
 Submarine w/ Baby Carrots HS  
 Chicken Noodle Soup w/ WG Cookie  
 Baby Carrots 2  
 Mixed Berry Cups  
 1% White Milk  
 Fat Free White Milk  
 Fat Free Chocolate Milk

24

Buffalo Chicken Salad w/ Baked Chips  
 Double Cheese Sandwich  
 Beef, Bean & Cheese Burrito w/ Hot Sauce  
 Turkey Breast Sandwich on WG Roll  
 Mac & Cheese  
 Spinach Salad w/ Italian Dressing  
 Orange  
 1% White Milk  
 Fat Free White Milk  
 Fat Free Chocolate Milk

27

Cheeseburger w/ Oven Baked Fries  
 Turkey & Cheese Torta w/ Side of Fries  
 Double Cheese Torta w/ Side of Fries  
 Honey Mustard Grilled Chicken Sandwich w/ Oven Baked Fries  
 Vegetarian Burger w/ Oven Baked Fries  
 100% Fruit Juice  
 1% White Milk  
 Fat Free White Milk  
 Fat Free Chocolate Milk

28

Smoked Turkey & Cheese Sandwich on Knot Roll w/ Baby Carrots  
 Cheese Lasagna w/ Tomato Basil Sauce  
 Double Cheese Sandwich on WG Bun w/ Baby Carrots  
 Penne & Meatballs w/ Tomato Basil Sauce  
 Baby Carrots  
 Orange  
 1% White Milk  
 Fat Free White Milk  
 Fat Free Chocolate Milk

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