

Breakfast Pre-K

FEBRUARY 2024

MON	TUE	WED	THU	FRI
			1 Yogurt w/ 100% Orange Juice	2 Cheerios w/ 100% Grape Juice
5 Multi-Grain Flakes w/ 100% Grape Juice	6 Yogurt w/ Fresh Apple Slices	7 Rice Chex w/ 100% Apple Juice	8 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	9 Banana Muffin w/ Diced Peaches
12 Blueberry Muffin w/ 100% Fruit Juice	13 Multi-Grain Cinnamon Flakes w/ Diced Peaches	14 Multi-Grain Cheerios w/ Fresh Apple Slices	15 Yogurt w/ 100% Orange Juice	16 Cheerios w/ 100% Grape Juice
19	20 Multi-Grain Frosted Flakes w/ 100% Grape Juice	21 Honey Cheerios w/ Mixed Fruit Cup	22 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	23 Banana Muffin w/ 100% Fruit Juice
26 Blueberry Muffin w/ 100% Fruit Juice	27 Multi-Grain Cheerios w/ 100% Orange Juice	28 Corn Muffin w/ Fresh Apple Slices	29 Yogurt w/ 100% Orange Juice	

DID YOU KNOW...

- ✓ All grain products are wholegrain 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

Breakfast Milk Choices

1% Unflavored Milk
Skim Unflavored Milk

Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Option indicated with a "V"



Breakfast K-12

FEBRUARY 2024

MON	TUE	WED	THU	FRI
			1 Plain Bagel w/ Cream Cheese or Waffles w/ Syrup Apple Slices & 100% Orange Juice	2 Blueberry Muffin Fresh Orange & 100% Very Berry Juice
5 Banana Muffin Raisins & Applesauce	6 Strawberry Yogurt w/ Graham Crackers or Apple Frudel Apple Slices & Diced Pineapple	7 Multi-Grain Frosted Flakes w/Graham Crackers or Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	8 Cinnamon Toast Crunch w/Graham Crackers or Pancakes w/ Syrup Apple Slices & 100% Orange Juice	9 Cinnamon Crisp Bar Raisins & 100%Grape Juice
12 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice	13 Strawberry Yogurt w/ Graham Crackers (V) or Mini Sausage & Cheese Flatbread Apple Slices & Diced Pineapple	14 Honey Cheerios w/ Graham Crackers or French Toast w/ Syrup Diced Peaches & 100% Grape Juice	15 Plain Bagel w/ Cream Cheese or Cinnamon Bun Apple Slices & 100% Orange Juice	16 Apple Jacks w/Graham Crackers Raisins & 100% Grape Juice
19	20 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce	21 Cinnamon Raisin Bagel w/ Butter or French Toast w/ Syrup Diced Peaches & 100% Grape Juice	22 Honey Cheerios w/ Graham Crackers or Cinnamon Bun Apple Slices & 100% Orange Juice	23 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice
26 Cinnamon Crisp Bar Raisins & 100%Grape Juice	27 Strawberry Yogurt w/ Graham Crackers (V) or Breakfast Pizza Apple Slices & Diced Pineapple	28 Cinnamon Flakes w/ Graham Crackers or Apple Frudel Diced Peaches & 100% Grape Juice	29 Plain Bagel w/ Cream Cheese or Waffles w/ Syrup Apple Slices & 100% Orange Juice	

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Lunch Pre-K

FEBRUARY 2024

MON	TUE	WED	THU	FRI
			1 NEW! Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Home-Style Macaroni & Cheese w/ Broccoli (V) Orange Slices	2 Penne Pasta in Tomato Sauce w/ Mozzarella & Ricotta Cheese (V) Italian Vegetables Fresh Apple
5 Beef Burger w/ Ketchup & Green Beans or Spanish Rice & Beans w/ Plantain (V) Apple Slices	6 Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables or Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	7 Chicken Alfredo w/ Penne Pasta or Home-Style Macaroni & Cheese (V) Broccoli Fresh Apple	8 Meatloaf w/ Gravy & Mashed Potatoes or NEW! Penne w/ Chickpeas in Tomato Sauce Broccoli Orange Slices	9 Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple
12 Chicken Parmesan w/ Green Beans or Penne Pasta in Tomato Sauce w/ Mozzarella Cheese & Italian Vegetables (V) Apple Slices	13 Spanish Rice & Beans w/ Plantain (V) Fresh Apple	14 Salisbury Steak w/ Roasted Potatoes or Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	15 BBQ Chicken w/ Sweet Mashed Potatoes or Home-Style Macaroni & Cheese w/ Broccoli (V) Orange Slices	16 Turkey Fajita w/ Brown Rice & Corn or Cheese Pizza w/Garden Salad & Ranch Dressing (V) Fresh Apple
19	20 Chicken Mole w/ Brown Rice Pilaf & Green Peas or Spanish Rice & Beans w/ Plantain(V) Fresh Pear	21 Chicken Fingers w/ Ketchup or Falafel Nuggets w/ Whole Wheat Bread Slice (V) Corn Fresh Apple	22 Penne w/ Beef Meat Sauce w/ Italian Vegetables or NEW! Penne w/ Tomato Sauce & Chickpeas (V) Orange slices	23 Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple
26 Chicken Bites w/ Roasted Potatoes or NEW! Vegetarian Chili w/ Brown Rice & Green Beans Apple Slices	27 Turkey Chili w Whole Wheat Bread Slice & Mixed Vegetables or Spanish Rice & Beans w/ Plantain (V) Fresh Apple	28 Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V) Fresh Pear	29 NEW! Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Home-Style Macaroni & Cheese w/ Broccoli (V) Orange Slices	

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Lunch K-8

FEBRUARY 2024

MON	TUE	WED	THU	FRI
			1 Crispy Cheesy Chicken Biscuit Sandwich & Celery Sticks w/ Ranch Dressing or Cobb Salad w/ Pita Bread (V) Fresh Banana	2 Turkey & Cheese Sandwich w/ Mayonnaise or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
5 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple	6 Beef Meatballs in Tomato Sauce w/ Club Roll or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	7 NEW! Hot Honey Chicken Ciabatta Sandwich or French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Apple	8 Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana	9 Egg Salad Sandwich (V) or French Bread Cheese Pizza (V) Celery w/ Ranch Dressing Fresh Apple
12 Meatloaf w/ Gravy, Mashed Potatoes & Dinner Roll or Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple	13 BBQ Chicken w/ Brown Rice & Baked Beans or Chickpea Marinara Pasta (V) Fresh Pear	14 NEW! Buffalo Chicken Melt Flatbread Celery Sticks w/ Ranch Dressing or Cheese Raviolis w/Green Beans (V) Fresh Apple	15 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana	16 Chicken Salad Sandwich or Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple
19	20 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Peas (V) Fresh Pear	21 Turkey Hot Dog w/Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple	22 Chicken Caesar Salad w/ Pita Bread or Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana	23 Chicken Breast Sandwich w/ Mayonnaise or French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
26 Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple	27 NEW! Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Pear	28 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli or Veggie Burger w/ Ketchup Garden Side Salad w/Ranch Dressing (V) Fresh Apple	29 Crispy Cheesy Chicken Biscuit Sandwich & Celery Sticks w/ Ranch Dressing or Cobb Salad w/ Pita Bread (V) Fresh Banana	

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Lunch 9-12

FEBRUARY 2024

MON	TUE	WED	THU	FRI
			1 Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing or Cobb Salad w/ Pita Bread (V) Diced Pineapple & Fresh Banana	2 Turkey & Cheese Sandwich w/ Mayonnaise or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
5 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple & Fresh Orange	6 Beef Meatballs in Tomato Sauce w/ Mozzarella Cheese or Home-Style Macaroni & Cheese (V) Broccoli Diced Peaches & Fresh Pear	7 NEW! Hot Honey Chicken Ciabatta Sandwich or French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Banana & Fresh Apple	8 Adobo Chicken w/Cilantro Brown Rice & Street Corn or Veggie Burger w/ Ketchup & Roasted Potatoes (V) Diced Pineapple & Fresh Banana	9 Egg Salad Sandwich (V) or French Bread Cheese Pizza (V) Celery Sticks w/ Ranch Dressing Fresh Apple & Raisins
12 Meatloaf w/ Gravy, Mashed Potatoes & Dinner Roll or Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple & Fresh Orange	13 BBQ Chicken w/ Brown Rice & Baked Beans or Chickpea Marinara Pasta (V) Diced Peaches & Fresh Pear	14 NEW! Buffalo Chicken Melt Flatbread & Celery Sticks w/ Ranch Dressing or Edamame Noodle Bowl w/ Blended Vegetables (V) Fresh Banana & Fresh Apple	15 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Diced Pineapple & Fresh Banana	16 Chicken Salad Sandwich or Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple & Raisins
19	20 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Peas (V) Diced Peaches & Fresh Pear	21 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice & Beans w/ Cheese (V) Fresh Banana & Fresh Apple	22 Chicken Caesar Salad w/ Pita Bread or Home-Style Macaroni & Cheese w/ Broccoli (V) Diced Pineapple & Fresh Banana	23 Chicken Breast Sandwich w/ Mayonnaise or French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
26 Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/Ketchup Roasted Potatoes Fresh Apple & Fresh Orange	27 NEW! Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans or Spanish Rice w/ Beans & Cheese (V) Diced Peaches & Fresh Pear	28 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli or Veggie Burger w/ Ketchup Garden Side Salad w/Ranch Dressing (V) Fresh Banana & Fresh Apple	29 Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing or Cobb Salad w/ Pita Bread (V) Diced Pineapple & Fresh Banana	

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Lunch Milk Choices

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Snack K-12

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MON	TUE	WED	THU	FRI
			1 Mozzarella String Cheese w/ Fresh Large Apple	2 Whole-Grain Graham Crackers w/ 100% Orange Juice
5 Whole-Grain Pretzels w/ 100% Orange Juice	6 Whole-Grain Graham Crackers w/ 100% Fruit Juice	7 Blueberry Muffin w/ Mozzarella String Cheese	8 Whole-Grain Cheez-its w/ 100% Fruit Juice	9 Tostitos Scoops w/ 100% Apple Juice
12 Whole-Grain Cheez-its w/ 100% Fruit Juice	13 Doritos Cool Ranch w/100% Orange Juice	14 Whole-Grain Graham Crackers w/ 100% Apple Juice	15 Apple Cinnamon Muffin w/Mozzarella String Cheese	16 Whole-Grain Pretzels w/ 100% Orange Juice
19	20 Baked Cheetos w/ 100% Fruit Juice	21 Whole-Grain Graham Crackers w/Strawberry Yogurt	22 Whole-Grain Pretzels w/ Mozzarella String Cheese	23 Corn Muffin w/ 100% Orange Juice
26 Roasted Sunflower Seeds w/ 100%Fruit Juice	27 Whole-Grain Cheez-its w/ Baby Carrots & Ranch Dressing	28 Whole-Grain Sunchips w/ 100% Orange Juice	29 Mozzarella String Cheese w/ Fresh Large Apple	

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Supper Full Fresh

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MON	TUE	WED	THU	FRI
			1 Honey Bagel w/ Butter Mozzarella String Cheese(V) Garden Side Salad w/ Ranch Dressing Fresh Orange	2 Penne w/ Tomato Sauce, Mozzarella & Ricotta Cheese (V) Italian Vegetables Fresh Apple
5 Beef Burger w/ Ketchup & Green Beans Apple Slices	6 Chicken Breast Sandwich w/ Baby Carrots & Ranch Dressing Fresh Pear	7 Cheese Ravioli w/ Tomato Sauce & Italian Vegetables (V) Fresh Apple	8 Turkey & Cheese Sandwich Garden Side Salad w/ Ranch Dressing Pineapple Cup	9 Cheese Pizza (V) Garden Side Salad w/ Ranch Dressing Fresh Apple
12 Chicken Parmesan w/ Green Beans Apple Slices	13 Hero Sandwich w/ Potato Salad Fresh Orange	14 Salisbury Steak w/ Roasted Potatoes Fresh Pear	15 Honey Bagel w/ Butter Mozzarella String Cheese(V) Garden Side Salad w/ Ranch Dressing Fresh Apple	16 Turkey Fajita w/ Brown Rice and Corn Fresh Apple
19	20 Chicken Breast Sandwich w/ Baby Carrots & Ranch Dressing Fresh Pear	21 Chicken Fingers w/ Ketchup & Corn Fresh Apple	22 Turkey & Cheese Sandwich Garden Side Salad w/Ranch Dressing Pineapple Cup	23 Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple
26 Chicken Bites w/ Roasted Potatoes Apple Slices	27 Hero Sandwich w/ Potato Salad Fresh Apple	28 NEW! Adobo Chicken w/ Cilantro Brown Rice & Street Corn Fresh Pear	29 Honey Bagel w/ Butter Mozzarella String Cheese(V) Garden Side Salad w/ Ranch Dressing Fresh Orange	

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Supper Grab & Go

FEBRUARY 2024

MON	TUE	WED	THU	FRI
			1 Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Garden Side Salad w/ Ranch Dressing Pineapple Cup	2 Turkey & Cheese Sandwich w/ 100%Vegetable Juice & Fresh Orange or Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)
5 Sunbutter & Jelly Sandwich w/ Mozzarella String Cheese (V) Baby Carrots Diced Peaches	6 Chicken Breast Sandwich w/ Baby Carrots & Pineapple Cup or Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)	7 Build Your Own Pizza Kit (V) Fresh Orange	8 Chicken Salad Sandwich Side Salad w/ Ranch Dressing Fresh Pear or Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Side Salad w/ Ranch Dressing Pineapple Cup	9 Turkey Ham & Cheese Sandwich w/ 100% Vegetable Juice or Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce
12 Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce	13 Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V) or Build Your Own Pizza Kit (V) Fresh Orange	14 Turkey Bologna & Cheese Sandwich w/ Baby Carrots Fresh Apple or Sunbutter & Jelly Sandwich w/ String Cheese, Baby Carrots & Diced Peaches (V)	15 Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Garden Side Salad w/Ranch Dressing Pineapple Cup	16 Turkey & Cheese Sandwich w/ 100%Vegetable Juice & Fresh Orange or Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)
19	20 NEW! Italian Caprese Sandwich w/ Potato Salad or Cheese Sandwich w/ 100% Vegetable Juice (V) Pineapple Cup	21 Build Your Own Pizza Kit (V) Fresh Orange	22 Chicken Salad Sandwich Side Salad w/ Ranch Dressing & Fresh Pear or Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Side Salad w/ Ranch Dressing Pineapple Cup	23 Turkey Ham & Cheese Sandwich w/ 100% Vegetable Juice or Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce
26 Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce	27 Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V) or Build Your Own Pizza Kit (V) Fresh Orange	28 NEW! Buffalo Chicken Flatbread Sandwich w/ Celery & Fresh Apple or Sunbutter & Jelly Sandwich w/ String Cheese, Baby Carrots & Diced Peaches (V)	29 Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Garden Side Salad w/ Ranch Dressing Pineapple Cup	

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