

February 2020			Yellow indicates plastic forks or spoons		
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	3 Chili Bean w/ Corn chips Fruit Choice ½ c Salad 1 c = ½ c Baked Potato ½ c Shredded Cheese ½ oz. Breadsticks (2 each)	4 Chicken Tenders Fruit Choice ½ c, Southern Baked Apple ½ c Salad 1 c = ½ c Mashed Potato ½ c Gravy Roll	5 Beef Tacos, Sh. Cheese Fruit Choice ½ c Lettuce ½ c = ¼ c, Sour Cream Salsa ¼c, Tomato, diced ¼c Ranchero Beans ½ c Tortilla and Shells Cinnamon Breadstick	6 Chicken Roasted Fruit Choice ½ c Potato Salad Cole Slaw Carrot, raw ¼ c Roll Choc. Chip Cookie	7 <i>National Fettuccine Day</i> Fettuccine Fruit Choice ½ c. Carrot, Raw ½ c Green Beans ½ c Garlic Breadstick Brownie or Oatmeal Cookie
	Corn Dogs Fruit Choice Fries ¾ c Carrots ¼ c	Hamburger on Bun Fruit Choice Fries ¾ c Lettuce ½ c = ¼ c Tomato, slices ¼ c	Chicken Sandwich Fruit Choice Lettuce ½ c = ¼ c Fries ¾ c Ranchero Beans ½ c Bun	Meatball Sub w/ Sub Roll Marinara Sauce ¼ c Fruit Choice Fries ¾ c Carrot, raw ¼ c	Chicken Sandwich Fruit Choice Fries ¾ c Lettuce, ½ c = ¼ c Carrot, raw ½ c Bun
	Grab & Go Hummus Grab & Go Yogurt Grab & Go Sun butter Smoothie w/Cheese Stick	Grab & Go Hummus Grab & Go Yogurt Grab & Go Sun butter Grab & Go Chef Salad	Grab & Go Hummus Grab & Go Yogurt Grab & Go Sun butter	Grab & Go Hummus Grab & Go Yogurt Grab & Go Sun butter Grab & Go Chicken Salad	Corndog / Fruit / Carrot, raw ½ Broccoli raw ½ c Grab & Go Hummus / Yogurt OR Sun Butter
Week 4	10 Red Beans & Rice Fruit Choice ½ c Carrots, steamed, ½ c Potato Salad ½ c Cornbread	11 Chicken Tender Fruit Choice ½ c Green Beans ½ c Broccoli, raw ½ c Macaroni n cheese 2/3 c Roll	12 Chicken Fried Fruit Choice ½ c Cole Slaw ½ c Baked Beans 2/3 c = ½ c Roll	13 <i>National Italian Day</i> Spaghetti & Meat Sauce Fruit Choice ½ c Salad 1 c = ½ c Green Beans ½ c / Roll Chocolate Chip Cookie	14 Meatloaf Fruit Choice ½ c Carrot, raw ½ c Mashed Potato w/ gravy Roll
	Pizza Marinara Sauce ½ c Fruit Choice Carrot, raw ½ c	Chicken Sandwich Fruit Choice Broccoli, raw ½ c Fries ¾ c	Hamburger on Bun Fruit Choice Fries ¾ c Lettuce ½ c = ¼ c, Tomato, slices ¼ c Baked Beans 2/3 c = ½ c	Chicken Sandwich Fruit Choice Fries ¾ c Lettuce, ½ c = ¼ c Chocolate Chip Cookie	BBQ Sandwich Fruit Choice Fries ¾ c Carrot, raw ¼ c
	Smoothie w/ Cheese Stick or Grab & Go Hummus or Grab & Go Yogurt or Grab & Go Sun Butter	Grab & Go Hummus or Grab & Go Yogurt or Grab & Go Sun Butter or Grab & Go Chef Salad	Grab & Go Hummus or Grab & Go Yogurt or Grab & Go Sun Butter	Grab & Go Hummus or Grab & Go Yogurt or Grab & Go Sun Butter or Grab & Go Chicken Salad	Grab & Go Hummus or Grab & Go Yogurt or Grab & Go Sun Butter or Corndog / Fruit / Carrot, raw ½ Broccoli raw ½ c
Week 1	17 Beef Tacos Sh. Cheese ½ oz Fruit Choice ½ c Lettuce ½ c = ¼ c Salsa ¼ c, Tomatoes ¼ c Ranchero Beans / Sour Cream Tortillas / Shells / Cinn. Sticks	18 Chicken Tenders Fruit Choice ½ c Broccoli, raw, ½ c Potato au Gratin ¼ c Roll	19 Pastalaya Fruit Choice, ½ c. Carrot, Raw ½ c Green Beans ½ c Garlic Breadstick Brownie	20 Chinese Chicken & Rice General Tso's/ Mandarin Fruit Choice ½ c Salad, 1 c = ½ c Green Peas, ½ c Roll	21 Breezy Beefy Mac Or Grilled Cheese Sandwich with Tomato Basil Soup Fruit Choice ½ c Carrots, steamed, ½ c Potato Salad ½ c Texas Toast / Oatmeal Cookie
	Nacho Supreme w/Cheese Fruit Choice ½ c Salsa ½ c Refried Beans Cinnamon Sticks	Chicken Sandwich Fruit Choice ½ c Broccoli, raw, ½ c Lettuce, ½ c = ¼ c Fries ¾ c	BBQ Sandwich Fruit Choice Fries ¾ c Lettuce, ½ c = ¼ c Brownie	Meatball Sub w/ Sub Roll Fruit Choice Fries ¾ c / Carrot raw ½ c Marinara Sauce ¼ c Mozzarella Cheese	Hamburger on Bun Fruit Choice Fries ¾ c Lettuce ½ c = ¼ c Carrot raw ¼ c Oatmeal Cookie
	Smoothie w/ Cheese Stick or Grab & Go Hummus or Grab & Go Yogurt or Grab & Go Sun Butter or	Grab & Go Hummus or Grab & Go Yogurt or Grab & Go Sun Butter or Grab & Go Chef Salad	Grab & Go Hummus or Grab & Go Yogurt or Grab & Go Sun Butter	Grab & Go Hummus or Grab & Go Yogurt or Grab & Go Sun Butter or Grab & Go Chicken Salad	Grab & Go Hummus or Grab & Go Yogurt or Grab & Go Sun Butter or Corndog / Fruit / Carrot, raw ½ Broccoli raw ½ c
					