

## Monday

## Tuesday

## Wednesday

## Thursday

Menu Subject to Change  
Tuesday & Thursday  
Turkey & Spinach Wraps



1 Breakfast  
Blueberry Parfait/Bagel  
Cereal/Blueberry Muffin  
Milk, Fruit & Juice

Lunch  
Pepperoni Pizza Bread  
Tangerine  
Spinach Salad/Green Beans  
Milk

2 Breakfast  
French Toast/Mini Waffles  
Cereal Bar/Cereal  
Milk, Fruit & Juice

Lunch  
Roasted Chicken  
Mashed Potatoes  
Whole Grain Roll  
Apple Sauce Cup  
Milk

3 Breakfast  
Cinnamon Roll/Cereal Bar  
Pop tart/Cheese Quesadilla  
Milk, Fruit & Juice

Lunch  
Spicy Chicken Burger  
Baked French Fries  
Pasta Salad  
Diced Pears  
Milk

Served Daily in Snack Bar:  
Chicken Sandwich/Baked Fries  
Hamburger/Baked Fries  
NEW  
Grilled Chicken Sandwich  
Baked Fries  
All meals: Vegetable/Fruit /Milk  
offered.

6 Breakfast  
Oatmeal/Cereal/Breakfast Bar  
Mini Donuts  
Milk,Fruit & Juice

Lunch  
Grilled Chicken Sandwich  
Baked Garden Salsa Chips  
Apple Slices/ Carrot Sticks  
Milk

7 Breakfast  
Egg & Cheese Muffin  
Breakfast Bar/Cereal  
Milk, Fruit & Juice

Lunch  
Pulled BBQ Pork Sandwich  
Vegetarian Beans/Cole Slaw  
Peaches  
Milk

8 Breakfast  
Strawberry Parfait/Bagel  
Cereal/Choc.Chip Muffin  
Milk, Fruit & Juice

Lunch  
Pepperoni Pizza Bread  
Spinach Salad w/Ranch  
Strawberry Cup  
Milk

9 Breakfast  
French Toast/Mini Waffles  
Cereal Bar/Cereal  
Milk, Fruit & Juice

Lunch  
Chicken Alfredo  
Garlic Bread/Orange  
Mixed Veggies  
Milk

10 Breakfast  
Cinnamon Roll/Cereal Bar  
Pop Tart.Quesadilla  
Milk, Fruit & Juice

Lunch  
Cheese Burger  
Baked French Fries  
Black Bean Corn Salad  
Raisins  
Milk

13 Breakfast  
Oatmeal/Cereal/Breakfast Bar  
Mini Donuts  
Milk,Fruit & Juice

Lunch  
Corn Dog  
Baked Doritos  
Garden Salad  
Peach Cup  
Milk

14 Breakfast  
Egg & Cheese Muffin/Cereal  
Breakfast Bar/Pancake on Stick  
Milk,Fruit & Juice

Lunch  
Chicken Fajita  
Spanish Rice/Refried Beans  
Apple Sauce Cup  
Carrot Sticks  
Milk

15 Breakfast  
Blueberry Parfait/Bagel  
Cereal/Blueberry Muffin  
Milk,Fruit & Juice

Lunch  
Pepperoni Pizza Bread  
Garden Saladw/ Ranch  
Banana  
Milk

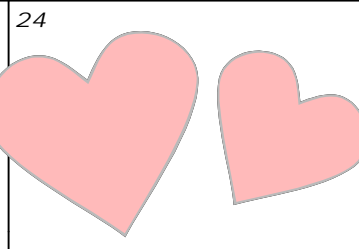
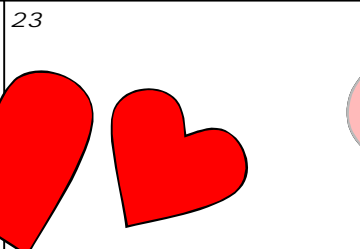
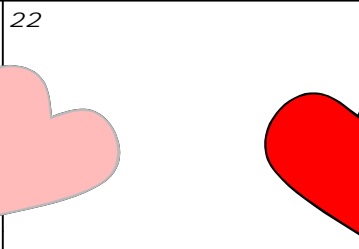
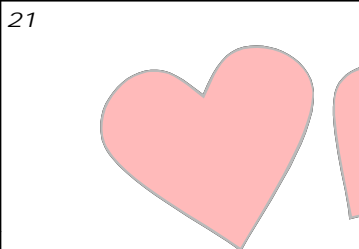
16 Breakfast  
French Toast/Mini Waffle  
Cereal Bar/Cereal  
Milk,Fruit & Juice

Lunch  
Ham & Cheese Sandwich  
Minestrone Soup  
Mixed Berries  
Zucchini Coins  
Milk

17 Breakfast  
Cinnamon Roll/Cereal Bar  
Pop Tart.Quesadilla  
Milk,Fruit & Juice

Lunch  
Chicken Burger  
Baked French Fries  
Pasta Salad  
Mixed Fruit  
Milk

20  
  
Winter Break  
No School  
Feb. 20-Feb 24,2023.



27 Breakfast  
Oatmeal/Cereal/Breakfast Bar  
Mini Donuts  
Milk,Fruit & Juice

Lunch  
Bean & Cheese Burrito  
Garden Salsa Chips  
Zucchini Coins/ Apple Slices  
Milk

28 Breakfast  
Egg & Cheese Muffin/Cereal  
Breakfast Bar/Pancake on Stick  
Milk,Fruit & Juice

Lunch  
Teriyaki Beef / Brown Rice  
Mixed Veggies  
WG Roll/ Tangerine  
Milk