

# Lunch K-8

**FEBRUARY 2024**

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

## 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

## Lunch Milk Choices

1% Unflavored Milk  
Skim Unflavored Milk

## Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Options are indicated with a "V"

