

22/23 Lunch K-8

February 2023

| Mon | Tue | Wed | Thu | Fri |
|---|---|--|--|---|
| 30 Chicken Sandwich Broccoli Carrot Sticks Apple Slices Fat Free Chocolate Milk 1% White Milk Ranch Dressing Ketchup Mustard Packet | 31 Cheese Stromboli Whole Kernel Corn Tropical Twist Juice Marinara Sauce Grapes Fat Free Chocolate Milk 1% White Milk | 1 Beef and Gravy Cut Green Beans Mashed Potatoes Grapes Apple Crisp WG Dinner Roll Fat Free Chocolate Milk 1% White Milk | 2 Pepperoni Pizza Romaine Lettuce Carrot Sticks Diced Peaches Peach Crisp Fat Free Chocolate Milk 1% White Milk | 3 Hot Dog on Bun Pork and Beans Chateau Veggies Sliced Pears Fat Free Chocolate Milk 1% White Milk |
| 6 Super Nachos Salsa Cucumber Slices Romaine Lettuce Mixed Fruit Fat Free Chocolate Milk 1% White Milk Ranch Dressing | 7 Beef Tacos Whole Kernel Corn Cucumber Slices Grapes Long Grain White Rice, 1/2 c. Fat Free Chocolate Milk 1% White Milk | 8 Chili w/ Beans Celery Sticks Salsa Grapes Cornbread Fat Free Chocolate Milk 1% White Milk | 9 Pozole Pinto Beans Carrot Sticks Diced Peaches Corn Chlps Fat Free Chocolate Milk 1% White Milk | 10 Hamburger with Bun French Fries Green Peas Cantaloupe Fat Free Chocolate Milk 1% White Milk Ketchup Mustard Packet |
| 13 Bean & Cheese Burrito Carrot Sticks Salsa Fresh Fruit Fat Free Chocolate Milk 1% White Milk Ranch Dressing | 14 Spaghetti and Meatsauce Romaine Lettuce Diced Peaches WG Dinner Roll Fat Free Chocolate Milk 1% White Milk Ranch Dressing | 15 Bean Tostada Quesadilla Cucumber Slices Tropical Twist Juice Salsa Grapes Long Grain White Rice, 1/2 c. Fat Free Chocolate Milk 1% White Milk | 16 Red Chili Pork Pinto Beans Salsa Celery Sticks Tropical Twist Juice Cantaloupe Flour Tortilla Spanish Brown Rice, WG Fat Free Chocolate Milk 1% White Milk | 17 PRESIDENT'S DAY BREAK |
| 20 PRESIDENT'S DAY BREAK | 21 Meatloaf Mashed Potatoes Cut Green Beans Grapes WG Dinner Roll Cookies Fat Free Chocolate Milk 1% White Milk Poultry Gravy | 22 Southwest Mac & Cheese Broccoli Carrot Sticks Whole Apple WG Dinner Roll Peach Crisp Fat Free Chocolate Milk 1% White Milk Ranch Dressing | 23 Turkey Gravy Carrot Sticks Cut Green Beans Mashed Potatoes Grapes WG Dinner Roll Fat Free Chocolate Milk 1% White Milk | 24 Chicken Corn Dog Pork and Beans Romaine Lettuce Cantaloupe Fat Free Chocolate Milk 1% White Milk Ranch Dressing Ketchup Mustard Packet |
| 27 Chicken Sandwich Broccoli Carrot Sticks Apple Slices Fat Free Chocolate Milk 1% White Milk Ranch Dressing Ketchup Mustard Packet | 28 Cheese Stromboli Whole Kernel Corn Tropical Twist Juice Marinara Sauce Grapes Fat Free Chocolate Milk 1% White Milk | 1 Cheese Stromboli Beef and Gravy Whole Kernel Corn Tropical Twist Juice Marinara Sauce Cut Green Beans Mashed Potatoes Grapes Apple Crisp WG Dinner Roll Fat Free Chocolate Milk 1% White Milk | 2 Pepperoni Pizza Romaine Lettuce Carrot Sticks Diced Peaches Peach Crisp Fat Free Chocolate Milk 1% White Milk | 3 Hot Dog on Bun Pork and Beans Chateau Veggies Sliced Pears Fat Free Chocolate Milk 1% White Milk |

This institution is an equal opportunity provider.

MILK OFFERED DAILY
1% WHITE AND FAT
FREE CHOCOLATE

MENU SUBJECT TO
CHANGE DUE TO THE
AVAILABILITY OF
PRODUCT

ESTA INSTITUCION ES
UN PROVEEDOR QUE
OFRECE IGUALDAD DE
OPORTUNIDADES

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AN EQUAL OPPORTUNITY
PROVIDER

22/23 Breakfast K-8

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| Mon | Tue | Wed | Thu | Fri |
|--------------------------------|-------------------------------|-------------------------|-------------------------------|-------------------------|
| 30 | 31 | 1 | 2 | 3 |
| Apple Frudel | Cheese Crisp | Yogurt and Granola | Chorizo Burrito | French Toast |
| Juice Variety (4 oz.) | Salsa | Grapes | Juice Variety (4 oz.) | Apple Slices |
| Fresh Fruit | Juice Variety (4 oz.) | Juice Variety (4 oz.) | Fresh Fruit | Canned Fruit Variety |
| Fat Free Chocolate Milk | Fresh Oranges | Fat Free Chocolate Milk | Fat Free Chocolate Milk | Fat Free Chocolate Milk |
| 1% White Milk | Fat Free Chocolate Milk | 1% White Milk | 1% White Milk | 1% White Milk |
| | 1% White Milk | | | |
| 3 | 7 | 8 | 9 | 10 |
| Cinnamon Raisin Bagel | Waffle | Biscuits with Gravy | Chorizo Burrito | Cinnamon Donut |
| Fresh Fruit | Juice Variety (4 oz.) | Juice Variety (4 oz.) | Seasoned Hashbrown Patties | Juice Variety (4 oz.) |
| Canned Fruit Variety | Whole Apple | Sliced Pears | Juice Variety (4 oz.) | Applesauce |
| Fat Free Chocolate Milk | Fat Free Chocolate Milk | Fat Free Chocolate Milk | Mixed Fruit | Fat Free Chocolate Milk |
| 1% White Milk | 1% White Milk | 1% White Milk | Fat Free Chocolate Milk | 1% White Milk |
| | Syrup | | 1% White Milk | |
| 13 | 14 | 15 | 16 | 17 |
| Turkey Sausage Breakfast Pizza | Ham, Egg and Cheese Combo Bar | Blueberry Muffin | Sausage, Egg & Cheese Biscuit | PRESIDENT'S DAY BREAK |
| Juice Variety (4 oz.) | Juice Variety (4 oz.) | Applesauce | Whole Apple | |
| Canned Fruit Variety | Fresh Oranges | Fresh Fruit | Juice Variety (4 oz.) | |
| Fat Free Chocolate Milk | Cereal Variety (1 WG) | Fat Free Chocolate Milk | Fat Free Chocolate Milk | |
| 1% White Milk | Fat Free Chocolate Milk | 1% White Milk | 1% White Milk | |
| | 1% White Milk | | | |
| 20 | 21 | 22 | 23 | 24 |
| PRESIDENT'S DAY BREAK | Chilaquiles | Assorted Muffins | Egg & Cheese Burrito | Banana Muffin |
| | Juice Variety (4 oz.) | Fresh Fruit | Juice Variety (4 oz.) | Fresh Fruit |
| | Fresh Fruit | Canned Fruit Variety | Fresh Oranges | Canned Fruit Variety |
| | Fat Free Chocolate Milk | Fat Free Chocolate Milk | Fat Free Chocolate Milk | Fat Free Chocolate Milk |
| | 1% White Milk | 1% White Milk | 1% White Milk | 1% White Milk |
| | | | | |
| 27 | 28 | 1 | 2 | 3 |
| Apple Frudel | Cheese Crisp | Yogurt and Granola | Chorizo Burrito | French Toast |
| Juice Variety (4 oz.) | Salsa | Grapes | Juice Variety (4 oz.) | Apple Slices |
| Fresh Fruit | Juice Variety (4 oz.) | Juice Variety (4 oz.) | Fresh Fruit | Canned Fruit Variety |
| Fat Free Chocolate Milk | Fresh Oranges | Fat Free Chocolate Milk | Fat Free Chocolate Milk | Fat Free Chocolate Milk |
| 1% White Milk | Fat Free Chocolate Milk | 1% White Milk | 1% White Milk | 1% White Milk |
| | 1% White Milk | | | |

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