


# February

## Elementary School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 • Cheeseburger w/Lettuce, Tomato, & Onions on Whole Grain Bun OR • Turkey Ham & Cheese Sandwich on Whole Grain Bread • Seasoned Potato Wedges • Fresh Grapes	1 • Whole Grain Spaghetti w/Turkey Meat Sauce served w/Garlic Knot Bread • Seasoned Collard Greens • Fresh Pear	2 • <b>Jamaican Beef Patty</b> w/Roasted Chickpeas OR • Chicken Salad Sandwich on Whole Grain Bread • Seasoned Mixed Vegetables • <b>Fresh Apple</b>	3 • Jollof Rice served w/Chicken Drumstick • Seasoned Black Beans • Fresh Banana	4 • Turkey Pepperoni Pizza OR • Italian Sub Sandwich on Whole Grain Bread • Baked Sweet Potato Wedges • Fresh Orange
7 • <b>Whole Grain Beef Gordita</b> w/Chicken Fajita Salad served w/ Sour Cream & Salsa OR • Southwest Chicken Sandwich • Southwest Black Beans • Pear Cup	8 • Turkey Macaroni served w/Whole Grain Garlic Knot Bread • Citrus Glazed Carrots • <b>Fresh Apple</b> 	9 • Mumbo Chicken Drumstick served w/ Whole Grain Honey Corn Biscuit OR • American Sub Sandwich on Whole Grain Sub Roll • Seasoned Green Beans • Fresh Grapes	10 • Turkey Tacos served w/Salsa • Mexican Corn • Fresh Orange	11 • Egusi Stew (Tomato Soup) w/Chicken served w/Coco Bread OR • Tuna Salad Sandwich on Whole Grain Bread • Sautéed Spinach • Fresh Banana
14 • Cheeseburger w/Lettuce, Tomato, & Onions on Whole Grain Bun OR • Turkey Ham & Cheese Sandwich on Whole Grain Bread • Seasoned Potato Wedges • Fresh Grapes	15 • Whole Grain Spaghetti w/Turkey Meat Sauce served w/Garlic Knot Bread • Seasoned Collard Greens • Fresh Pear	16 • <b>Jamaican Beef Patty</b> w/Roasted Chickpeas OR • Chicken Salad Sandwich on Whole Grain Bread • Seasoned Mixed Vegetables • <b>Fresh Apple</b>	17 • Jollof Rice served w/Chicken Drumstick • Seasoned Black Beans • Fresh Banana	18 • Turkey Pepperoni Pizza OR • Italian Sub Sandwich on Whole Grain Bread • Baked Sweet Potato Wedges • Fresh Orange
21  <b>NO SCHOOL</b>	22  <b>NO SCHOOL</b>	23  <b>NO SCHOOL</b>	24  <b>NO SCHOOL</b>	25  <b>NO SCHOOL</b>
28 • Cheeseburger w/Lettuce, Tomato, & Onions on Whole Grain Bun OR • Turkey Ham & Cheese Sandwich on Whole Grain Bread • Seasoned Potato Wedges • Fresh Grapes	1 • Whole Grain Spaghetti w/Turkey Meat Sauce served w/Garlic Knot Bread • Seasoned Collard Greens • Fresh Pear	2 • <b>Jamaican Beef Patty</b> w/Roasted Chickpeas OR • Chicken Salad Sandwich on Whole Grain Bread • Seasoned Mixed Vegetables • <b>Fresh Apple</b>	3 • Jollof Rice served w/Chicken Drumstick • Seasoned Black Beans • Fresh Banana	4 • Turkey Pepperoni Pizza OR • Italian Sub Sandwich on Whole Grain Bread • Baked Sweet Potato Wedges • Fresh Orange



Fresh local apples and garden bar salad served w/Life Ranch Dressing available daily.

Student's choice of skim or 1% hormone-free milk provided at every meal

This menu is subject to change based upon availability

### Food Celebrations

Welcome Back! Here are some exciting ways to stay engaged with your food this school year.


**Black History Month**  
**Super Bites 2/8 - Beets**  
**Valentine's Day Special 2/14**

Open Meal Sites  
 Ballou High School  
 Columbia Heights Education Campus



# February Vegetarian

## Elementary School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 • Garden Burger served w/Lettuce, Tomato, & Onions on Whole Grain Bun <b>V</b> • Seasoned Potato Wedges • Fresh Grapes	1 • Grilled Cheese Sandwich on Whole Grain Bread <b>V</b> <b>OR</b> • Sunbutter & Jelly Sandwich <b>V</b> • Seasoned Collard Greens • Fresh Pear	2 • Baked Penne Pasta served/Garlic Knot Bread <b>V</b> • Seasoned Mixed Vegetable • Fresh Apple	3 • Jollof Rice w/Baked Tofu <b>V</b> <b>OR</b> • Hearty Garden Salad served w/Whole Grain Tortilla Chips <b>V</b> • Seasoned Black Beans • Fresh Banana	4 • Classic Cheese Pizza <b>V</b> • Baked Sweet Potato Wedges • Fresh Orange
7 • Cheese Quesadilla served w/Brown Rice, Sour Cream & Salsa <b>V</b> • Southwest Black Beans • Pear Cup	8 • Glorious Macaroni & Cheese served w/Whole Grain Garlic Knot Bread <b>V</b> <b>OR</b> • Veggie Lo Mein w/Baked Tofu <b>V</b> • Citrus Glazed Carrots  • Fresh Apple	9 • Mumbo Baked Tofu <b>VE</b> served w/ Whole Grain Honey Corn Biscuit • Seasoned Green Beans • Fresh Grapes	10 • Bean Tacos served w/Salsa <b>V</b> <b>OR</b> • Greek Salad served w/Whole Grain Tortilla Chips <b>VE</b> • Mexican Corn • Fresh Orange	11 • Egusi Stew (Tomato Soup) w/Grilled Cheese Sandwich • Sautéed Spinach • Fresh Banana
14 • Garden Burger served w/Lettuce, Tomato, & Onions on Whole Grain Bun <b>V</b> • Seasoned Potato Wedges • Fresh Grapes	15 • Grilled Cheese Sandwich on Whole Grain Bread <b>V</b> <b>OR</b> • Sunbutter & Jelly Sandwich <b>V</b> • Seasoned Collard Greens • Fresh Pear	16 • Baked Penne Pasta served/Garlic Knot Bread <b>V</b> • Seasoned Mixed Vegetable • Fresh Apple	17 • Jollof Rice w/Baked Tofu <b>V</b> <b>OR</b> • Hearty Garden Salad served w/Whole Grain Tortilla Chips <b>V</b> • Seasoned Black Beans • Fresh Banana	18 • Classic Cheese Pizza <b>V</b> • Baked Sweet Potato Wedges • Fresh Orange
24 <b>NO SCHOOL</b>	25 <b>NO SCHOOL</b>	26 <b>NO SCHOOL</b>	27 <b>NO SCHOOL</b>	28 <b>NO SCHOOL</b>
28 • Garden Burger served w/Lettuce, Tomato, & Onions on Whole Grain Bun <b>V</b> • Seasoned Potato Wedges • Fresh Grapes	1 • Grilled Cheese Sandwich on Whole Grain Bread <b>V</b> <b>OR</b> • Sunbutter & Jelly Sandwich <b>V</b> • Seasoned Collard Greens • Fresh Pear	2 • Baked Penne Pasta served/Garlic Knot Bread <b>V</b> • Seasoned Mixed Vegetable • Fresh Apple	3 • Jollof Rice w/Baked Tofu <b>V</b> <b>OR</b> • Hearty Garden Salad served w/Whole Grain Tortilla Chips <b>V</b> • Seasoned Black Beans • Fresh Banana	4 • Classic Cheese Pizza <b>V</b> • Baked Sweet Potato Wedges • Fresh Orange



**Vegetarian V**

**Vegan VE**

**Locally Sourced**

Fresh local apples and garden bar salad served w/Life Ranch Dressing available daily.

**Student's choice of skim or 1% hormone-free milk provided at every meal**

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**Black History Month**

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**Valentine's Day Special 2/14**

Open Meal Sites

Ballou High School

Columbia Heights

Education Campus

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