

Elementary & K-8

February

ONE-TABLE



Comfort Kitchen



Corner Deli



From the Garden

OFFERED DAILY

Non fat white milk
Low-fat 1% white milk

DRESSINGS

Italian, Ranch, Ketchup, Mayo, Mustard

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Beef & Cheese Nachos Veggie Burger (v) Mexican Black Beans Moroccan Spiced Carrots Burger Toppings	Chicken Nuggets w/Breadstick BBQ Sloppy Joe Sandwich (ve) Celery Sticks Tater Tots	Veggie Lo Mein w/Sweet & Sour Tofu (ve) Cheese Filled Breadsticks w/Marinara (v) Sweet Roasted Corn Roasted Broccoli	Chili con Carne w/Breadstick Caprese Grilled Cheese Sandwich (v) Green Peas Crinkle Cut Fries	Chicken & Veggie Empanadas Broccoli & Cheese Baked Potato w/ Garlic Knot (v) Roasted Broccoli Blue Ribbon Slaw
Sunbutter & Jelly Sandwich (ve)	Strawberry Banana Parfait (v)	Turkey & Cheese Sandwich	Chicken Caesar Wrap	Fiesta Salad w/ Garlic Knot (v)
Apple Slices Diced Pears Fresh Broccoli Super Salad	Fresh Peach Strawberries Greek Salad Celery Sticks	Orange Slices Frozen Blueberries Super Salad Pinto Beans	Whole Apple Mandarin Oranges Greek Salad Green Pepper Strips	Orange Slices Applesauce Super Salad Potato Salad

All grain products are whole grain rich.

(v) denotes vegetarian choices (includes milk and eggs) and (ve) denotes vegan choices. Locally Sourced items offered daily. This menu is subject to change and based upon product availability.

This institution is an equal opportunity provider. Additional nutrition information available upon request.

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Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Parmesan Chicken w/Spaghetti & Marinara Cheese Pizza (v) Parmesan Green Beans Roasted Cauliflower	Chicken Quesadilla OR Cheese Quesadilla (v) Mexican Black Beans Roasted Cilantro & Lime Broccoli	Beef Tachos w/Breadstick Plant-based Tachos w/Breadstick (v) Mexican Corn Tater Tots	Chicken & Waffles Fiesta Potato Breakfast Bowl w/Biscuit (v) Sweet Potato Fries Seasoned Carrot Coins	No School
Chicken Caesar Wrap	Tuna Salad Sandwich	Crispy Chicken Salad w/Breadstick	Hummus Box (v)	

Strawberries Orange Slices Baby Carrots Super Salad	Red Seedless Grapes Orange Slices Chilled Peas Spinach Salad	Whole Apple Frozen Blueberries Red Pepper Strips Super Salad	Apple Slices Banana Roasted Chickpeas Spinach Salad	
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Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
No School	Turkey Tacos al Pastor w/Avocado Crema Grilled Cheese Sandwich (v) Black Bean & Corn Salad Crinkle Cut Fries	Cheeseburger Chick'n Nuggets w/ Breadstick (v) Roasted Broccoli & Carrots Baked Plantains	Breaded Chicken Drumstick w/Mac & Cheese Pasta & Colorful Marinara w/Garlic Knot (v) Citrus Carrots Collard Greens	BBQ Chicken Sandwich Cheese Pizza (v) Roasted Broccoli & Red Peppers Roasted Butternut Squash
	Chef Salad w/Hard Boiled Egg and Garlic Knot (v)	Chicken Caesar Salad w/ Breadstick	Sunbutter & Jelly Sandwich (ve)	Turkey & Cheese Sub
	Orange Slices Fresh Plum Super Salad Roasted Chickpeas	Apple Slices Frozen Blueberries Super Salad Baby Carrots	Banana Orange Slices Super Salad Celery Sticks	Apple Red Seedless Grapes Super Salad Chilled Peas

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Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Crunchy Beef Tacos Bean & Cheese Soft Tacos (v) Salsa Refried Pinto Beans Green Beans	Chicken Nuggets w/Breadstick Macaroni & Cheese w/Breadstick (v) Citrus Glazed Carrots Green Peas	Sweet & Sour Chicken w/ Brown Rice Teriyaki Tofu w/Veggie Lo Mein (v) Fiesta Potatoes Roasted Bell Peppers & Onions	French Toast Sticks w/ Turkey Sausage Rainbow Chili w/ Tortilla Chips (v) Roasted Sweet Potatoes Baby Carrots	Cheese Quesadilla (v) Fajita Chicken w/ Jollof Rice & Oven Baked Flatbread Collard Greens Refried Beans
Strawberry Banana Parfait (v)	Pizza Bento Box (v)	Fiesta Salad w/Breadstick (v)	Chicken Caesar Wrap	Tuna Salad Sandwich
Orange Slices Diced Pear Baby Carrots Super Salad	Apple Slices Pineapple Super Salad Celery Sticks	Fresh Melon Applesauce Super Salad Chilled Sweet Potato	Apple Slices Orange Smiles Super Salad Red Bell Pepper Strips	Banana Grapes Super Salad Tomato, Corn, & Cilantro Salad

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