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BEFORE SCHOOL, AFTER SCHOOL AND ANYTIME IN BETWEEN  
**NUTRITIOUS AND INNOVATIVE MENUS**  
 ELEMENTARY SCHOOLS



MONDAY | FEB 27      TUESDAY | 28      WEDNESDAY | MAR 1      THURSDAY | 2      FRIDAY | 3

**BREAKFAST**

|  |  |  |   |                                  |
|--|--|--|---|----------------------------------|
| Whole Grain French Toast Sticks with Syrup <b>VE</b> | Hearty Oatmeal With Warm Berries <b>VE</b> | Egg & Cheese Breakfast Burrito w/Green Chile Salsa | Pancake & Sausage Breakfast on a Stick w/ Syrup | Egg & Cheese Bagel Sandwich      |
| Mini Blueberry Waffles <b>V</b>                      | Oatmeal Raisin Breakfast Round <b>V</b>    | Maple Madness Mini Waffles <b>V</b>                | Apple Frudel <b>V</b>                           | Strawberry Guava Danish <b>V</b> |
| Fresh Apple Slices<br>Orange Juice                   | Warm Berries<br>Pineapple Tidbits          | Orange Smiles<br>Apple Juice                       | Fresh Banana<br>Mixed Fruit Salad               | Fresh Pear<br>Grape Juice Cup    |

Daily offerings include, assorted cereal bowls with graham crackers or assorted muffins with cheese stick. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. **V** denotes vegetarian choices (including milk and eggs) and **VE** denotes vegan choices. Locally Sourced items noted in **green**. This menu is subject to change and based upon product availability.

**LUNCH**

|  |   |  |  |   |
|--|---|--|--|---|
| Jamaican Jerk Chicken with Brown rice                  | Grecian Chicken & Citrus Brown Rice Bowl w/ Roasted Chickpeas | Bean & Cheese Nachos <b>V</b>                | Chicken and Waffles w/Natural Syrup            | Baja Fish Tacos   |
| Vegan BBQ Sloppy Joe <b>VE</b>                         | Mediterranean Flatbread <b>V</b>                              | Sunbutter & Jelly Sandwich <b>VE</b>         | Vegan Rainbow Chili <b>VE</b> w/Tortilla Chips | Chana Masala <b>VE</b> with Oven Fired Flatbread <b>V</b> |
| Classic Hummus Box <b>VE</b>                           | Hearty Garden Salad With Dinner Roll <b>V</b>                 | Chicken Caesar Wrap                          | Greek Salad w/Dinner Roll <b>V</b>             | Tuna Salad Sandwich                                       |
| Seasoned Black Beans<br>Mexican Roasted Sweet Potatoes | Citrus Glazed Carrots<br>Fiesta Vegetables                    | Roasted Mexican Corn<br>Parmesan Green Beans | Seasoned Collard Greens<br>Roasted Cauliflower | Sauteed Spinach<br>Mexican Black Beans                    |
| Orange Wedges<br>Applesauce                            | Fresh Whole Apple<br>Red Seedless Grapes                      | Fresh Banana<br>Fresh Tangerine              | Fresh Pear<br>Baked Cinnamon Apples            | Fresh Banana<br>Fresh Tangerine                           |

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|            |             |               |              |             |
|------------|-------------|---------------|--------------|-------------|
| MONDAY   6 | TUESDAY   7 | WEDNESDAY   8 | THURSDAY   9 | FRIDAY   10 |
|------------|-------------|---------------|--------------|-------------|

**BREAKFAST**

|  |  |                                   |               |               |
|--|--|-----------------------------------|---------------|---------------|
| Hearty Oatmeal w/<br>Warm Berries <b>VE</b>                    | Whole Grain<br>French Toast Sticks w/<br>Syrup <b>VE</b> | Egg & Potato<br>Breakfast Burrito | <b>NO</b>     | <b>NO</b>     |
| Strawberry Banana<br>Bash Yogurt w/Graham<br>Crackers <b>V</b> | Mini Blueberry Waffles<br><b>V</b>                       | Apple Frudel <b>V</b>             | <b>SCHOOL</b> | <b>SCHOOL</b> |
| <b>Fresh Pears</b><br>Warm Berries                             | <b>Fresh Tangerine</b><br>Fresh Banana                   | Mixed Melon<br>Diced Pears        |               |               |

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**National Breakfast Week** 

**LUNCH**

|  |  |   |                                       |   |
|--|--|---|---------------------------------------|---|
| French Toast<br>Sticks <b>VE</b> and Turkey<br>Sausage w/Syrup | Egg, Cheese & Potato<br>Breakfast<br>Bowl w/Salsa <b>V</b>                     | Cheeseburger<br>on <b>Whole Grain Bun</b>                 | <b>PARENT-TEACHER<br/>CONFERENCES</b> | <b>PROFESSIONAL<br/>DEVELOPMENT DAY</b> |
| Veggie Burger <b>V</b><br>on <b>Whole Grain Bun</b>            | Grilled Cheese<br>Sandwich <b>V</b><br>on <b>Locally Sourced Bread</b>         | Asian Noodle Bowl<br>w/Broccoli <b>V</b>                  | <b>NO</b>                             | <b>NO</b>                               |
| Tuna Salad Sandwich<br>on <b>Locally Sourced<br/>Bread</b>     | Sunbutter & Jelly<br>Sandwich <b>VE</b><br>on <b>Locally Sourced<br/>Bread</b> | Chicken Salad Sandwich<br>on <b>Locally Sourced Bread</b> | <b>SCHOOL</b>                         | <b>SCHOOL</b>                           |
| Seasoned Potato Wedges<br><b>Oven Sautéed Spinach</b>          | <b>Parmesan Green Beans</b><br>Roasted Tuscan<br>Vegetables                    | <b>Roasted Broccoli &amp; Carrots</b><br>Sweet Plantains  |                                       |   |
| <b>Fresh Whole Apple</b><br>Red Seedless Grapes                | <b>Fresh Pear</b><br>Fresh Blueberries   | <b>Fresh Whole Apple</b><br>Orange Wedges                 |                                       |   |

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MONDAY | 13

TUESDAY | 14

WEDNESDAY | 15

THURSDAY | 16

FRIDAY | 17

**BREAKFAST**

|  |   |                               |                                    |  |
|--|---|-------------------------------|------------------------------------|--|
| Pancake & Breakfast Sausage on a Stick w/Syrup | Hot Cheesy Grits w/Whole Grain Biscuit<br>V | Egg & Cheese Bagel Sandwich   | Hearty Oatmeal w/Warm Berries VE   | Egg & Cheese Breakfast Burrito w/Green Chile Salsa |
| Oatmeal Raisin Breakfast Round V               | Maple Madness Mini Waffles<br>V             | Cinnamon French Toast Bites V | Whole Grain Bagel w/Cream Cheese V | Mini Blueberry Waffles<br>V                        |
| Fresh Apple Slices<br>Pineapple Tidbits        | Fresh Pears<br>Pineapple Tidbits            | Orange Slices<br>Mixed Melon  | Fresh Banana<br>Warm Berries       | Fresh Pears<br>Green Seedless Grapes               |

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**LUNCH**

|   |   |   |   |   |
|---|---|---|---|---|
| Jerk Chicken w/Brown Rice                         | <b>Pi Day</b> 🥧<br>Chicken Pot Pie w/ Whole Grain Biscuit | Boneless Chicken Wings w/Sweet Chipotle BBQ Sauce and Dinner Roll | French Toast Sicks w/Turkey Sausage Patty and Syrup | <b>St. Patrick's Day</b><br>Beef Shepherd's Pie and Dinner Roll |
| Black Bean & Sweet Potato Quesadilla w/Salsa<br>V | Veggie Lo Mein VE   | Veggie Burger V on Whole Grain Bun                                | Veggie Tortellini w/Cheesy Breadstick V             | Mediterranean Flatbread<br>V                                    |
| Classic Hummus Box VE                             | Hearty Garden Salad w/Dinner Roll                         | Chicken Caesar Wrap   | Greek Salad w/Oven Fired Flatbread V                | Tuna Salad Sandwich on Locally Sourced Bread                    |
| Seasoned Black Beans<br>Sweet Plantains           | Citrus Glazed Carrots<br>Garden Side Salad                | Parmesan Green Beans<br>Tomato Cucumber Salad                     | Seasoned Potato Wedges<br>Caesar Side Salad         | Sweet Peas<br>Glazed Carrots                                    |
| Orange Wedges<br>Diced Pears                      | Baked Cinnamon Apples<br>Fresh Tangerine                  | Green Seedless Grapes<br>Mixed Fruit Salad                        | Orange Wedges<br>Fresh Whole Apple                  | Fresh Banana<br>Fresh Tangerine                                 |

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|             |              |                |               |             |
|-------------|--------------|----------------|---------------|-------------|
| MONDAY   20 | TUESDAY   21 | WEDNESDAY   22 | THURSDAY   23 | FRIDAY   24 |
|-------------|--------------|----------------|---------------|-------------|

**BREAKFAST**

|   |                                     |                                       |   |  |
|---|-------------------------------------|---------------------------------------|---|--|
| Cinnamon Roll <b>V</b>                    | Sausage Biscuit Breakfast Sandwich  | Chocolate French Toast Bites <b>V</b> | Biscuit w/Old Fashioned Country Gravy and Turkey Sausage Link | Egg & Cheese Bagel Sandwich                              |
| Whole Grain Bagel w/Cream Cheese <b>V</b> | Maple Madness Mini Waffles <b>V</b> | Apple Frudel <b>V</b>                 | Tropical Mango Breakfast Round <b>V</b>                       | Strawberry Banana Bash Yogurt w/Graham Crackers <b>V</b> |
| Fresh Whole Apple Diced Pears             | Orange Wedges Mixed Melon           | Fresh Pears Mixed Fruit Salad         | Fresh Apple Pineapple Tidbits                                 | Fresh Banana Fresh Tangerine                             |

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|   |   |  |  |   |
|---|---|--|--|---|
| Lasagna Roll Up w/Twisted Breadstick <b>V</b>         | Chicken Tinga Tacos                           | <b>World Of Flavors</b><br>Chicken Tikka Masala w/Brown Rice | Turkey Hot Dog on Whole Grain Bun      | Fajita Vegetable Quesadilla <b>V</b>                          |
| Lentil Dal w/Oven Fired Flatbread <b>V</b>            | Veggie Burger <b>V</b> on Whole Grain Bun     | Cheese Pizza <b>V</b>  | Veggie Pizza <b>V</b>                  | Bean & Cheese Nachos <b>V</b>                                 |
| Chicken Salad Sandwich on Locally Sourced Bread       | Spinach Salad w/Oven Fired Flatbread <b>V</b> | Falafel & Vegetable Sub <b>V</b>                             | Buffalo Chicken Wrap                   | Sunbutter & Jelly Sandwich <b>VE</b> on Locally Sourced Bread |
| Stewed Chickpeas and Zucchini Mixed Garden Vegetables | Sweet Plantains Three Bean Salad              | Roasted Broccoli & Carrots Caesar Side Salad                 | Oven Sauteed Spinach Sweet Yellow Corn | Mexican Roasted Sweet Potatoes Tomato Cucumber Salad          |
| Red Seedless Grapes Orange Wedges                     | Fresh Banana Fresh Pear                       | Orange Wedges Red Seedless Grapes                            | Fresh Blueberries Diced Peaches        | Fresh Whole Apple Mixed Fruit Salad                           |

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MONDAY | 27      TUESDAY | 28      WEDNESDAY | 29      THURSDAY | 30      FRIDAY | 31

**BREAKFAST**

|                                  |   |                                    |   |  |
|----------------------------------|---|------------------------------------|---|--|
| Sausage Breakfast Pizza          | Hearty Oatmeal w/Warm Berries <b>VE</b> | Egg & Cheese Bagel Sandwich        | Hot Cheesy Grits w/Whole Grain Biscuit <b>V</b> | Cheesy Scrambled Eggs with Buttered Toast      |
| Strawberry Guava Danish <b>V</b> | Ultra Berry Bread <b>V</b>              | Maple Madness Min Waffles <b>V</b> | Cinnamon Mini Bagels <b>V</b>                   | Just Peachy Parfait w/Graham Crackers <b>V</b> |
| Orange Wedges Diced Pears        | Warm Berries <b>Fresh Pear</b>          | Baked Cinnamon Apples Mixed Melon  | Fresh Banana Orange Wedges                      | Pineapple Tidbits Diced Peaches                |

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|---|--|--|---|--|
| Glorious Mac & Cheese w/Garlic Knot <b>V</b>  | Grecian Chicken & Citrus Brown Rice Bowl           | Chicken Cordon Blue Burger <b>on Whole Grain Bun</b> | Butter Chicken w/Brown Rice                             | Buffalo Chicken Pizza                                  |
| Veggie Pizza <b>V</b>                         | Rainbow Chili <b>VE</b> w/ <b>Dinner Roll V</b>    | Veggie Tortellini w/Cheesy Breadstick <b>V</b>       | Asian Noodle Bowl w/Broccoli <b>V</b>                   | Garden Veggie Wrap <b>VE</b>                           |
| Hearty Garden Salad w/Tortilla Chips <b>V</b> | Egg Salad Sandwich <b>on Locally Sourced Bread</b> | Classic Hummus Box <b>VE</b>                         | Jerk Chicken Wrap                                       | Chicken Salad Sandwich <b>on Locally Sourced Bread</b> |
| Roasted Tuscan Vegetables Caesar Side Salad   | Garlic Mashed Potatoes Sweet Peas                  | <b>Basil Corn Salad</b> Sweet Plantains              | <b>Roasted Broccoli &amp; Carrots</b> Garden Side Salad | Seasoned Black Beans <b>Collard Greens</b>             |
| <b>Fresh Tangerine</b> Diced Pears            | Fresh Blueberries Diced Peaches                    | Fresh Nectarine Mixed Fruit Salad                    | <b>Fresh Whole Apple</b> Green Seedless Grapes          | <b>Fresh Pear</b> Applesauce                           |

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