

February Lunch Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| 3 Grilled Cheese Oven Roasted Potato Wedges Fresh Baby Carrots w/Dip Fresh Pear Pineapple Tidbits | 4 Chicken Nachos Seasoned Black Beans Fresh Cucumbers w/Dip Fresh Apple Slices Mandarin Oranges | 5 Whole Grain Spaghetti w/Beef Meatballs Cheesy Garlic & Herb Roasted Broccoli Fresh Cucumber Slices w/Dip Fresh Oranges Sliced Peaches | 6 Curry Chicken w/Brown Rice Roasted Green Beans Fresh Baby Carrots w/Dip Fresh Bananas Applesauce | 7 Homemade Meat Lover's Pizza Roasted Sweet Potato Wedges Fresh Cucumber Slices w/Dip Fresh Apple Slices Pineapple Tidbits |
| 10 Cajun Seasoned Tilapia Brown Rice Lemon Pepper Roasted Broccoli Fresh Baby Carrots w/Dip Fresh Apple Slices Sliced Peaches | 11 Chicken & Cheese Quesadilla Seasoned Black Beans Fresh Cucumber Slices w/Dip Fresh Red Grapes Applesauce | 12 Chicken & Broccoli Alfredo Italian Roasted Carrots Fresh Cauliflower w/Dip Fresh Apple Slices Mandarin Oranges | 13 Chicken Teriyaki w/Whole Grain Lo Mein Noodles Roasted Green Beans Fresh Broccoli w/Dip Fresh Oranges Pineapple Tidbits | 14 Valentine's Day Baked Chicken Drumstick Oven Roasted Potato Wedges Fresh Cucumber Slices w/Dip Strawberries-N-Biscuits Applesauce |
| 17 No School | 18 No School | 19 No School | 20 No School | 21 No School |
| 24 Sloppy Joe BBQ Baked Beans Roasted Carrots Fresh Apple Slices Pineapple Tidbits | 25 Beef Tacos Roasted Corn Fresh Cucumber Slices w/Dip Fresh Bananas Pineapple Tidbits | 26 Brunch for Lunch! French Toast Sticks w/Turkey Sausage Tater Tots Fresh Baby Carrots w/Dip Fresh Apple Slices Mandarin Oranges | 27 Bean Chili or Grilled Cheese Sweet Potato Wedges Fresh Broccoli w/Dip Fresh Bananas Applesauce | 28 Homemade Supreme Pizza Roasted Broccoli Fresh Cucumber Slices w/Dip Fresh Pears Pineapple Tidbits |
| Student's choice of 1% or skim milk provided. This institution is an equal opportunity provider. | | | | |

February Lunch Menu Vegetarian

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| 3 Black Bean Burger Oven Roasted Potato Wedges Fresh Baby Carrots w/Dip Fresh Pear Pineapple Tidbits | 4 Cheese Nachos Seasoned Black Beans Fresh Broccoli w/Dip Fresh Apple Slices Mandarin Oranges | 5 Baked Rotini Cheesy Garlic & Herb Roasted Broccoli Fresh Cucumber Slices w/Dip Fresh Oranges Sliced Peaches | 6 Curry Chickpeas w/Brown Rice Roasted Green Beans Fresh Baby Carrots w/Dip Fresh Bananas Applesauce | 7 Homemade Veggie Lover's Pizza Roasted Sweet Potato Wedges Fresh Cucumber Slices w/Dip Fresh Apple Slices Pineapple Tidbits |
| 10 Cajun Seasoned Red Beans Brown Rice Lemon Pepper Roasted Broccoli Fresh Baby Carrots w/Dip Fresh Apple Slices Sliced Peaches | 11 Cheese Quesadilla Seasoned Black Beans Fresh Cucumber Slices w/Dip Fresh Red Grapes Applesauce | 12 Cheesy Broccoli Alfredo Italian Roasted Carrots Fresh Cauliflower w/Dip Fresh Apple Slices Mandarin Oranges | 13 Tofu Teriyaki w/Whole Grain Lo Mein Noodles Roasted Green Beans Fresh Broccoli w/Dip Fresh Oranges Pineapple Tidbits | 14 Valentine's Day Sunbutter & Jelly Sandwich Oven Roasted Potato Wedges Fresh Cucumber Slices w/Dip Strawberries-N-Biscuits Applesauce |
| 17 No School | 18 No School | 19 No School | 20 No School | 21 No School |
| 24 Grilled Cheese BBQ Baked Beans Roasted Carrots Mandarin Oranges Sliced Peaches | 25 Black Bean Tacos Roasted Corn Fresh Cucumber Slices w/Dip Fresh Bananas Pineapple Tidbits | 26 Brunch for Lunch! French Toast Sticks w/Hardboiled Eggs Tater Tots Fresh Baby Carrots w/Dip Fresh Apple Slices Mandarin Oranges | 27 Bean Chili or Grilled Cheese Sweet Potato Wedges Fresh Broccoli w/Dip Fresh Bananas Applesauce | 28 Homemade Cheese Pizza Roasted Broccoli Fresh Cucumber Slices w/Dip Fresh Pears Pineapple Tidbits |
| Student's choice of 1% or skim milk provided. This institution is an equal opportunity provider. | | | | |

February Lunch Menu Salad & Sandwich

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| 3 Turkey Chef Salad Or Turkey Ham & Swiss Sub | 4 Cheese Chef Salad Or Egg Salad Sandwich | 5 Egg Chef Salad Or Sunbutter & Jelly Sandwich | 6 Vegan Chef Salad Or Hot Turkey & Cheddar Sandwich | 7 Turkey Ham Chef Salad Or Sunbutter & Jelly Sandwich |
| 10 Turkey Ham Chef Salad Or Turkey & Cheddar Sub | 11 Egg Chef Salad Or Tuna Salad Sandwich | 12 Chicken Chef Salad Or Sunbutter & Jelly Sandwich | 13 Vegan Chef Salad Or Asian Chicken Wrap | 14 Cheese Chef Salad Or Sunbutter & Jelly Sandwich |
| 17 No School | 18 No School | 19 No School | 20 No School | 21 No School |
| 24 Sunbutter & Jelly Sandwich | 25 Cheese Chef Salad Or Egg Salad Sandwich | 26 Chicken Chef Salad Or Chicken Philly | 27 Vegan Chef Salad Or Sunbutter & Jelly Sandwich | 28 Turkey Chef Salad Or Egg Salad Sub |
| Student's choice of 1% or skim milk provided. This institution is an equal opportunity provider. | | | | |

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1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

2) Fax: (202) 690-7442; or

3) Email: program.intake@usda.gov

Bard High School
Early College DC

This institution is an equal opportunity provider.

District of Columbia Human Rights Act

Also, the District of Columbia Human rights Act, approved December 13, 1977 (DC Law 2-38; DC Official Code §2-1402.11(2006), as amended) states the following:

It shall be an unlawful discriminatory practice to do any of the following acts, wholly or partially for a discriminatory reason based upon the actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, gender identity or expression, family responsibilities, genetic information, disability, matriculation, or political affiliation of any individual. To file a complaint alleging discrimination on one of these bases, please contact the District of Columbia's Office of Human Rights at (202) 727-4559 or ohr@dc.gov.