



February 2024 Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Meal Pattern Minimum Quantities Fluid 1% milk 8 oz. Meat or Meat Alternative 2 oz. mm Vegetables 1/2 cup Fruits 1/2 cup Grains 2 ounces 2 servings or 1 cup				1 Turkey Sandwich WW bread, turkey breast, tomatoes, lettuce, swiss cheese, chips, banana, 1% milk	2 Veggie Lasagna Lasagna noodles, carrots, onions, tomatoes, zucchini, cheese, wg roll, grapes, 1% milk	3 
	5 Spaghetti Ground beef, wg noodles, tomatoes, onions, peppers, garlic bread, pears, 1% milk	6 Burrito Bowls Beans, brown rice, ground beef, tomatoes, onion, cheese, pears, 1% milk	7 Bow Tie Pasta WW bowtie pasta, chicken sausage, kale, onions, tomatoes, garlic bread, peaches, 1% milk	8 Chicken Fried Rice Chicken, brown rice, egg, onions, peas, carrots, peaches, 1% milk	9 Mexican Lasagna Ground turkey, corn, onions, carrots, tomatoes, wg tortillas, cheese, olives, mandarin oranges, 1% milk	10
	12 French Dip Roast beef, wg roll, coleslaw, mixed fruit, 1% milk	13 Pulled BBQ Sandwich Chicken, wg bun, peas, carrots, pears, 1% milk	14 Tuna Sandwich  Tuna, ww bread, garden salad, peaches, 1% milk	15 Beef Stew Beef, potatoes, carrots, onions, wg roll, applesauce 1% milk	16 Macaroni & Cheese WG macaroni, cheddar cheese, green beans, pears, 1% milk	17
	19 Ham & Potato Casserole Ham, potatoes, onions, cheese, carrots, pears, wg roll, 1% milk	20 Reuben Casserole Corned beef, sauerkraut, onions, swiss cheese, ww roll, mandarin oranges, 1% milk	21 Corn Chowder Chicken, corn, carrots, onions, potatoes, wg roll, applesauce, 1% milk	22 Chicken Salad Wraps Chicken, onion, carrots, WG tortilla, peaches, 1% milk	23 Beef Stew Beef, potatoes, carrots, onions, wg roll, applesauce 1% milk	24
	26 Pulled Pork Sandwich Pork, wg hamburger bun, coleslaw, pears, 1% milk	27 Pinto Bean Casserole Pinto beans, cheese, corn chips, tomatoes, onions, corn, apples, 1% milk	28 Garden Vegetable Soup Carrots, onions, beans, corn, potatoes, green beans, garlic, kale, wg roll, applesauce, 1% milk	29 Salisbury Steak Ground beef, brown rice, carrots, green beans, mandarin oranges, 1% milk	For the health and safety of our participants, please do not bring in or share any outside food or drink. Store prepared items may be approved for special occasions.	