




















## February Elementary 2023 Lunch Menu

		<b>1</b> 1.General Tso's Chicken Lucky Fried Rice   2. Retro Cheese Pizza  <u>Mood Boost "Smart"</u> Cinnamon Roasted Pineapple A variety of Chilled Fruit & Milk	<b>2</b> 1.Chicken Nuggets w/ Dinner Roll   2. Yogurt Muffin Fun Lunch w/Granola & String Cheese  <u>"National Tater Tot Day"</u> Sweet Potato Tater Tots A variety of Chilled Fruit & Milk	<b>3</b>  1.Cheese Pizza   2. Egg & Cheese on a Freshly Baked Bagel  Roasted Garbanzo Beans Garden Salad A variety of Chilled Fruit & Milk
6	7	8	9	10
1.All Beef Hotdog   2.Crispy Veggie Nuggets  BBQ Baked Beans A variety of Chilled Fruit & Milk	1. Nacho Fiesta Seasoned Chicken over Tortilla Chips Lettuce, Salsa & Cheese   2. Three Cheese Quesadillas Salsa Dip Mexican Corn Salad A variety of Chilled Fruit & Milk	1.Crispy Fish Nuggets w/ Dinner Roll Tartar Sauce  <u>"National Pizza Day"</u>  2. Retro Cheese Pizza  Oven Baked Fries A variety of Chilled Fruit & Milk	 1. Grilled Cheese Sandwich   2. Yogurt Muffin Fun Lunch w/Granola & String Cheese  <u>Mood Boost "Strong"</u> Apple Beet & Carrot Salad A variety of Chilled Fruit & Milk	 1.Cheese Pizza   2. Egg & Cheese on a Freshly Baked Bagel  Roasted Garbanzo Beans Broccoli Raisin Salad A variety of Chilled Fruit & Milk
13	14	15	16	17
1. Pasta & Italian Meat Sauce Dinner Roll   2. Crispy Veggie Nuggets  Baby Carrots with Dip A variety of Chilled Fruit & Milk	1. Italian Meatball Sandwich   2. Three Cheese Quesadillas Salsa Dip  <u>Mood Boost "Confident"</u> Cilantro Lime Coleslaw A variety of Chilled Fruit & Milk	1.Chicken & Gravy Mashed Potatoes Dinner Roll   2. Retro Cheese Pizza  Cherry Tomatoes A variety of Chilled Fruit & Milk	1. <u>"Bellissimo" – Beautiful Sautéed Pasta</u> Grilled Chicken Breast, Crispy Bacon, Fresh Spinach & Grape Tomatoes Sautéed with Ranch Spices & Herbs, Olive Oil & Penne Pasta <u>Local</u> Dinner Roll   2. Yogurt Muffin Fun Lunch w/Granola & String Cheese  Cucumber & Tomato Salad A variety of Chilled Fruit & Milk	 1.Cheese Pizza   2. Egg & Cheese on a Freshly Baked Bagel  Roasted Garbanzo Beans Spinach & Cranberry Salad A variety of Chilled Fruit & Milk
20	21	22	23	24
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
27	28			
 1.Creamy Macaroni & Cheese Dinner Roll   2 Crispy Veggie Nuggets  Oven Baked Fries A variety of Chilled Fruit & Milk	1.Classic Cheeseburger Lettuce & Tomato   2. Three Cheese Quesadillas Salsa Dip  <u>Mood Boost "Happy"</u> Marinated Mushrooms A variety of Chilled Fruit & Milk	Melissa M. Read Director of Dining Services Please contact me with any question. <a href="mailto:Melissa.Read@compass-usa.com">Melissa.Read@compass-usa.com</a> Please let us know if you have a medically documented food allergy, so we may work with you to create and implement a menu plan.	<b>Weekly Fresh Vegetable Offerings</b> <b>Monday: Power Peas</b> <b>Tuesday: Broccoli Bites with Dip</b> <b>Wednesday: Ripe Cherry Tomatoes</b> <b>Thursday: Baby Carrots with Dip</b> <b>Friday: Roasted Chickpeas</b>	<u><b>Breakfast is Offered Daily</b></u> Menu Rotation Is posted on the District Website You may also view the menu on the Nutrislice App on your mobile device

All items are made with whole grains.

All meals are served with a variety of fruits and vegetables--local when available.

All meals are served with milk (1% low fat white, Skim or fat free chocolate).

Due to Recent Food Supply Issues Menu is subject to change.

This institution is an equal opportunity provider.