

February 1, 2024
March 8, 2024



Grab and Go SANDWICH

Italian Sub (28g)
Turkey Wrap (29g),
Chicken Salad wrap(31g)
Ham & Cheese Sub (28g)



Grab and Go Salads

Chef Salad (8g),

Garden Salad (14.5g), or Caesar Salad (15g)

All Salads come with your choice of whole grain (Cheese Its, Goldfish, whole grain Muffin)

All Lunches Must
Include a Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat Milk

MON	TUES	WED	THURS	FRI
Chef Choice ²⁹	³⁰ Philly Cheesesteak (29) Roasted Green Peppers & Onions (8) Tato Tots(19) Steamed Carrots(4)	³¹ Bosco Sticks (56) Marinara Sauce (7) Mixed Vegetable (8) Mandarin Oranges (17)	¹ Sloppy Joe(10) on/ WG Bun (36) Oven Fries (15) Sliced Peaches (18)	² Egg & Cheese Sliders (20) Turkey Sausage Orange Slices (15)
⁵ Chicken Quesadillas (30) w/ Salsa(2) Spanish Rice (44) Steamed Corn(15)	⁶ Bacon Cheeseburger(37) French Fries(23) Mix Fruit (18)	⁷ Bosco Sticks (56) Marinara Sauce (7) Mixed Vegetable (8) Mandarin Oranges (17)	⁸ Chicken & Waffle(50) Warm Cinnamon Apples (9) Steamed Carrots(4)	⁹ Macaroni & Cheese w/ Pretzel Rod Steamed Broccoli Sliced Peaches
¹² Boneless Chicken Wings(14) WG Dinner Roll(30) French Fries(14) Sliced Peaches (18)	¹³ Bosco Sticks (56) Marinara Sauce (7) Mixed Vegetable (8) Mandarin Oranges (17)	¹⁴ Chef Choice	¹⁵ Spicy Popcorn Chicken (17) Mash Potatoes (15) Whole Kernel Corn (15)	¹⁶ Cheese Quesadillas Bean & Corn Salsa Strawberry Cup
²⁶ French Toast (43) Turkey Sausage Hash Browns (14) Apple Sauce (22)	²⁷ Meatloaf w/ Mash Potatoes((15) Green Beans(3) Fruit Cocktail (16)	²⁸ Bosco Sticks (56) Marinara Sauce (7) Mixed Vegetable (8) Pineapple (17)	²⁹ Spicy Chicken Tenders (17) w/ Dinner Roll(15) Carrot Coins (15) Pineapple Tidbits(17)	¹ Grilled Cheese (31) French Fries(23) Baked Beans (19) Slice Apples (8)
⁴ Cheese Quesadillas (32) Refried Beans (20) Steamed Carrots (15) Fruit Cocktail (16)	⁵ Sweet & Sour Chicken Over Rice (33) WG Dinner Roll(15) Green Beans(3)	⁶ Bosco Sticks (56) Marinara Sauce (7) Mixed Vegetable (8) Pineapple (17)	⁷ Chef Choice	⁸ Meatball over Pasta(47) Garlic Bread((15) Steamed Broccoli (3) Apple Sauce (22)

CHICKEN:

**Crispy or Spicy Chicken Sandwich (48g),
Nuggets (14g)**

BURGERS: Cheeseburger (39g) Hamburger (38g) & Veggie Burger (42g)

Apples 19g, Oranges 15g, Side Salad 6g

Monday: Fruit cocktail 18g, Fresh Broccoli 1g & Kickin' Pintos 19g or Baked Beans 19g

Tuesday: Pears 18g, Seasoned Carrots 4g & Celery Sticks 3g

Wednesday: Peaches 18g, Baby Carrots 1g & Broccoli 4g

Thursday: Pineapple 17g, Celery Sticks 3g & Green Beans 4g, or Mixed Vegetable 6g

Friday: Applesauce 14g, Baby Carrots 1g & Tater Tots 19g or Curly Fries 19g, or Corn 4g