

# February 2019

\*Menu subject to change based on product availability\*







## PLEASE NOTE

- We are an Allergen-Friendly Kitchen. \*
- All vegetables are prepared with olive oil only.
- Please check daily menus for Gluten-Free / Dairy-Free options.
- **GF=Gluten-Free; DF=Dairy-Free**
- **FOR ALLERGEN-FRIENDLY OPTIONS, PLEASE INSTRUCT YOUR CHILD TO ASK HIS/HER SERVER.**

\* Please contact us if you have any questions regarding our options.

## AVAILABLE DAILY

- Low fat Milk, 1% Chocolate Milk, Assorted Juices
- Super Salad Bar: Salad mixes, fresh spinach, variety of toppings, crackers, and salad dressings
- Assorted seasonal fresh fruits
- Deli Options: Lean sliced deli meats, yellow and white cheeses, whole-wheat bagels, **GF** bagels, sliced bread\*, hoagies, and no-crust peanut butter/jelly sandwiches (\***GF** available)
- Fruit cups, gelatin treats, and yogurts

Monday	Tuesday	Wednesday	Thursday	Friday
				1  Cheese Ravioli <i>(GF Pasta available)</i> Meatballs <i>(GF option available)</i> Caesar Salad
4  Chicken & Cheese Nachos <i>(GF)</i> Corn Fiesta Rice – <i>GF/DF</i>	5  Cheesy Eggs - <i>GF</i> Sliced Ham – <i>GF/DF</i> Potato Puffs Waffle	6  Mini Turkey Corndogs <i>(GF/DF option - All-Beef Hotdog)</i> Curly Fries Broccoli	7  Grilled Cheese Sandwich <i>(GF Grilled Cheese option available)</i> Ham Fresh Chips Mixed Vegetables Dessert	8  Chicken Nuggets w/Whole Grain Breading <i>(GF/DF option – Grilled Chicken)</i> Green Beans Mashed Potatoes
11  Penne Alfredo <i>(GF/DF Pasta available)</i> Grilled Chicken - <i>GF/DF</i> Caesar Salad	12  Beef <i>(GF/DF)</i> & Cheese Nachos Corn White Rice - <i>GF/DF</i>	13  Pepperoni Pizza <i>(GF Pepperoni Pizza option available)</i> Chicken w/Rice Soup – <i>GF/DF</i> Cucumber Slices	14  Teriyaki Chicken <i>(GF/DF option - Chicken w/White Rice)</i> Fried Rice Eggroll Dessert 	15  Garden Pasta w/Meatballs <i>(GF option available)</i> Broccoli
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <h2 style="color: #e91e63;">Winter Break</h2> <h2 style="color: #e91e63;">February 18-22</h2> </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div>				
25  Chicken <i>(GF/DF)</i> & Cheese Quesadillas <i>GF option - Hard Shell</i> Fiesta Rice Tossed Salad	26  Barbecue Pork <i>(GF/DF)</i> w/Bun Baked Potato Broccoli Florets	27  Bowtie Parmesan Pasta Meatballs <i>(GF Pasta available)</i> Meatballs <i>(GF/DF option available)</i> Mozzarella Cheese Sticks Caesar Salad	28  Chicken Biscuit <i>(GF/DF option – Grilled Chicken)</i> Tater Tots Baked Apples Dessert	