

What's for lunch?

Feb 1-5	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternative 2 oz.	Lasagna ^(G D)	Cornflake Crusted Baked Chicken ^(G D E)	Turkey Tacos	Chicago Beef Hot Dogs	Chicken Marbella
Beans/Legumes 2 oz.	Chickpeas	Chickpeas	Chickpeas	Chickpeas	Chickpeas
Grain 2 oz.	Whole Wheat Pasta ^(G)	Whole Wheat Pita ^(G)	Whole Grain Rice	Whole Wheat Bun ^(G)	Whole Wheat Bread ^(G)
Vegetable ¾ cup	Steamed Kale	Honey Glazed Carrots	Steamed Corn	Steamed Broccoli	Steamed Green Beans
Fruit ½ cup	Oranges	Grapes	Bananas	Pears	Apples
Milk 1 cup	Low-fat & Fat-free ^(D)	Low-fat & Fat-free ^(D)	Low-fat & Fat-free ^(D)	Low-fat & Fat-free ^(D)	Low-fat & Fat-free ^(D)
Salad 1 ¼ cup	Mixed Green Salad & Crudités	Mixed Green Salad & Crudités	Mixed Green Salad & Crudités	Mixed Green Salad & Crudités	Mixed Green Salad & Crudités

Choice of sunflower butter & jelly or cheese sandwich offered as a daily alternative to the entrée. Salad includes mixed greens, vegetable crudités, chickpeas, and low-fat salad dressings. We serve water and local milk daily.

NON-VEGETARIAN **VEGETARIAN** ^(D) **CONTAINS DAIRY** ^(G) **CONTAINS GLUTEN** ^(E) **CONTAINS EGG** ^(S) **CONTAINS SOY** ^(A) **CONTAINS SESAME** ^(P) **CONTAINS PORK**

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Feb 8-12	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternative 2 oz.	Chinese New Year: BBQ Pork ^(P)	Mardi Gras: Blackened Chicken Drumsticks	Turkey Meatball Sub Sandwiches ^{(G) (E)}	Beef Fried Rice ^{(E) (S)}	
Beans/Legumes 2 oz.	Chickpeas	Chickpeas	Chickpeas	Chickpeas	
Grain 2 oz.	Whole Wheat Pita ^(G)	Whole Grain Rice	Whole Wheat Bun ^(G)	Whole Grain Rice	
Vegetable ¾ cup	Stir Fried Green Beans	Red Beans	Sautéed Spinach	Steamed Broccoli	
Fruit ½ cup	Oranges	Grapes	Bananas	Pears	
Milk 1 cup	Low-fat & Fat-free ^(D)	Low-fat & Fat-free ^(D)	Low-fat & Fat-free ^(D)	Low-fat & Fat-free ^(D)	
Salad 1 ¼ cup	Mixed Green Salad & Crudités	Mixed Green Salad & Crudités	Mixed Green Salad & Crudités	Mixed Green Salad & Crudités	

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Feb 15-19	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Meat Alternative 2 oz.		Chicken Teriyaki <small>(A) (S)</small>	Korean Turkey Burgers <small>(A)</small>	Beef Stew <small>(G)</small>	Fish Sticks <small>(G) (D) (E)</small>
Beans/Legumes 2 oz.		Chickpeas	Chickpeas	Chickpeas	Chickpeas
Grain 2 oz.		Whole Grain Rice	Whole Wheat Bun <small>(G)</small>	Whole Wheat Pita <small>(G)</small>	Whole Wheat Bread <small>(G)</small>
Vegetable ¾ cup		Sautéed Bok Choy	Steamed Green Beans	Steamed Peas	Steamed Corn
Fruit ½ cup		Grapes	Bananas	Pears	Apples
Milk 1 cup		Low-fat & Fat-free <small>(D)</small>	Low-fat & Fat-free <small>(D)</small>	Low-fat & Fat-free <small>(D)</small>	Low-fat & Fat-free <small>(D)</small>
Salad 1 ¼ cup		Mixed Green Salad & Crudités	Mixed Green Salad & Crudités	Mixed Green Salad & Crudités	Mixed Green Salad & Crudités

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Meat/Meat Alternative 2 oz.	Spaghetti with Marinara ^G	Chicken Fajitas	Quiche Lorraine ^{D E}	Beef Burgers	
Beans/Legumes 2 oz.	Chickpeas	Chickpeas	Chickpeas	Chickpeas	
Grain 2 oz.	Whole Wheat Pasta ^G	Whole Grain Rice	Whole Wheat Pita ^G	Whole Wheat Bun ^G	
Vegetable ¾ cup	Steamed Peas	Roasted Plantains	Home Fries	Caramelized Brussels Sprouts	
Fruit ½ cup	Oranges	Grapes	Bananas	Pears	
Milk 1 cup	Low-fat & Fat-free ^D	Low-fat & Fat-free ^D	Low-fat & Fat-free ^D	Low-fat & Fat-free ^D	
Salad 1 ¼ cup	Mixed Green Salad & Crudités	Mixed Green Salad & Crudités	Mixed Green Salad & Crudités	Mixed Green Salad & Crudités	

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