

February 2023

Breakfast-EF & DF-KIPP & M



	Monday	Tuesday	Wednesday	Thursday	Friday	
29	30	31	1 Scrambled Eggs & Biscuti, Fruit, Soy Milk	2 Waffles, Syrup, Fruit, Soy Milk	3 Scrambled eggs & Homefries, Fruit, Soy Milk	4
5	6 Omelet & Hash Brown, Fruit, Soy Milk	7 Egg & Cheese Muffin, Fruit, Soy Milk	8 Scrambled Eggs & Biscuti, Fruit, Soy Milk	9 Pancakes, Syrup, Fruit, Soy Milk	10 Scrambled eggs & Homefries, Fruit, Soy Milk	11
12	13 Omelet & Hash Brown, Fruit, Soy Milk	14 Egg & Cheese Muffin, Fruit, Soy Milk	15 Scrambled Eggs & Biscuti, Fruit, Soy Milk	16 French Toast, Syrup, Fruit, Soy Milk	17 Scrambled eggs & Homefries, Fruit, Soy Milk	18
19	20 No School	21 No School	22 No School	23 No School	24 No School	25
26	27 Omelet & Hash Brown, Fruit, Soy Milk	28 Egg & Cheese Muffin, Fruit, Soy Milk	1	2	3	4
5	6	February Vacation- 2/20-2/24				

Nutrition Info:

All of our breakfast meet the following requirements: Milk-8 oz. Fruit or Vegeatable-1 cup, Grain-1 oz.

All of our Lunches meet the following requirements: Vegeatable-1 cup, Fruits-1 cup, Grains-2 oz, Meat/MA-2 OZ.

None of our Food Contains Peanuts, Tree Nuts, Fish, Shellfish, or Pork.

We Provide a choice of 4 "standard" meals: Hot Breakfast, Cold Breakfast, Hot Lunch & Cold Lunch.

We supply the following 4 allergy meals: Dairy Free Breakfast, Egg Free Breakfast, Dairy Free Lunch, & Vegetarian Lunch. Dairy Free lunch

Menu Items are subject to change due to availability.

February 2023

Breakfast-Hot-KIPP & MATC



	Monday	Tuesday	Wednesday	Thursday	Friday	
29	30	31	1 Scrambled Eggs & Biscuti, Fruit, Milk	2 Waffles, Syrup, Fruit, Milk	3 Scrambled eggs & Homefries, Fruit, Milk	4
5	6 Omelet & Hash Brown, Fruit, Milk	7 Egg & Cheese Muffin, Fruit, Milk	8 Scrambled Eggs & Biscuti, Fruit, Milk	9 Pancakes, Syrup, Fruit, Milk	10 Scrambled eggs & Homefries, Fruit, Milk	11
12	13 Omelet & Hash Brown, Fruit, Milk	14 Egg & Cheese Muffin, Fruit, Milk	15 Scrambled Eggs & Biscuti, Fruit, Milk	16 French Toast, Syrup, Fruit, Milk	17 Scrambled eggs & Homefries, Fruit, Milk	18
19	20 No School	21 No School	22 No School	23 No School	24 No School	25
26	27 Omelet & Hash Brown, Fruit, Milk	28 Egg & Cheese Muffin, Fruit, Milk	1	2	3	4
5	6	February Vacation- 2/20-2/24				

Nutrition Info:

All of our breakfast meet the following requirements: Milk-8 oz. Fruit or Vegetable-1 cup, Grain-1 oz.

All of our Lunches meet the following requirements: Vegetable-1 cup, Fruits-1 cup, Grains-2 oz, Meat/MA-2 OZ.

None of our Food Contains Peanuts, Tree Nuts, Fish, Shellfish, or Pork.

We Provide a choice of 4 "standard" meals: Hot Breakfast, Cold Breakfast, Hot Lunch & Cold Lunch.

We supply the following 4 allergy meals: Dairy Free Breakfast, Egg Free Breakfast, Dairy Free Lunch, & Vegetarian Lunch. Dairy Free lunch

Menu Items are subject to change due to availability.

February 2023

Breakfast-Hot-CRB



	Monday	Tuesday	Wednesday	Thursday	Friday	
29	30	31	1 Scrambled Eggs, Hash Brown, Fruit, Milk	2 Waffles, Syrup, Fruit, Milk	3 Egg & Cheese Quesadilla, Fruit, Milk	4
5	6 Assorted Muffins, Fruit, Milk	7 Egg & Cheese Muffin, Fruit, Milk	8 Scrambled Eggs, Hash Brown, Fruit, Milk	9 Pancakes, Syrup, Fruit, Milk	10 Egg & Cheese Quesadilla, Fruit, Milk	11
12	13 Assorted Muffins, Fruit, Milk	14 Egg & Cheese Muffin, Fruit, Milk	15 Scrambled Eggs, Hash Brown, Fruit, Milk	16 French Toast, Syrup, Fruit, Milk	17 Egg & Cheese Quesadilla, Fruit, Milk	18
19	20 No School	21 No School	22 No School	23 No School	24 No School	25
26	27 Assorted Muffins, Fruit, Milk	28 Egg & Cheese Muffin, Fruit, Milk	1	2	3	4
5	6	February Vacation- 2/20-2/24				

Nutrition Info:

All of our breakfast meet the following requirements: Milk-8 oz. Fruit or Vegetable-1 cup, Grain-1 oz.

All of our Lunches meet the following requirements: Vegetable-1 cup, Fruits-1 cup, Grains-2 oz, Meat/MA-2 OZ.

None of our Food Contains Peanuts, Tree Nuts, Fish, Shellfish, or Pork.

We Provide a choice of 4 "standard" meals: Hot Breakfast, Cold Breakfast, Hot Lunch & Cold Lunch.

We supply the following 4 allergy meals: Dairy Free Breakfast, Egg Free Breakfast, Dairy Free Lunch, & Vegetarian Lunch. Dairy Free lunch

Menu Items are subject to change due to availability.

February 2023

Lunch-Hot-KIPP & MATCH



	Monday	Tuesday	Wednesday	Thursday	Friday	
29	30	31	1 Jerk Chicken Pasta, Wheat Roll, Fruit, Milk	2 Turkey Nachos, Beans, Cheese, Fruit, Milk	3 Curry Chicken, Fruit, Milk	4
5	6 Chicken Pot Stickers w/ Fried Rice, Fruit, Milk	7 Soulful Beef Pasta, Fruit, Milk	8 Lemon Chicken, Wheat Roll, Fruit, Milk	9 Jamaican Beef Stew, Fruit Milk	10 Chicken Caesar Salad, Fruit, Milk	11
12	13 Chicken Tandoori Salad, Spinach, Fruit, Milk	14 Cheese Pizza, Fruit, Milk	15 Cheeseburgers, Tater Tots, Fruit, Milk	16 Sante Fe Ground Turkey Pasta, Fruit, Milk	17 Chicken Tiki Masala, Fruit, Milk	18
19	20 No School	21 No School	22 No School	23 No School	24 No School	25
26	27 Buffalo Chicken Power Bowl, Fruit, Milk	28 Jamaican Beef Patty. Cauliflower, Fruit, Milk	1	2	3	4
5	6	February Vacation- 2/20-2/24				

Nutrition Info:

All of our breakfast meet the following requirements: Milk-8 oz. Fruit or Vegetable-1 cup, Grain-1 oz.

All of our Lunches meet the following requirements: Vegetable-1 cup, Fruits-1 cup, Grains-2 oz, Meat/MA-2 OZ.

None of our Food Contains Peanuts, Tree Nuts, Fish, Shellfish, or Pork.

We Provide a choice of 4 "standard" meals: Hot Breakfast, Cold Breakfast, Hot Lunch & Cold Lunch.

We supply the following 4 allergy meals: Dairy Free Breakfast, Egg Free Breakfast, Dairy Free Lunch, & Vegetarian Lunch. Dairy Free lunch

Menu Items are subject to change due to availability.

February 2023

Lunch-DF & EF-KIPP & MATC



	Monday	Tuesday	Wednesday	Thursday	Friday	
29	30	31	1 Jerk Chicken Pasta, Wheat Roll, Fruit, Soy Milk	2 Turkey Nachos, Beans, Cheese, Fruit, Soy Milk	3 Curry Chicken, Fruit, Soy Milk	4
5	6 Chicken Pot Stickers w/ Fried Rice, Fruit, Soy Milk	7 Soulful Beef Pasta, Fruit, Soy Milk	8 Lemon Chicken, Wheat Roll, Fruit, Soy Milk	9 Jamaican Beef Stew, Fruit Soy Milk	10 Chicken Caesar Salad, Fruit, Soy Milk	11
12	13 Chicken Tandoori Salad, Spinach, Fruit, Soy Milk	14 Dairy Free Cheese Pizza, Fruit, Soy Milk	15 Hamburgers, Tater Tots, Fruit, Soy Milk	16 Sante Fe Ground Turkey Pasta, Fruit, Soy Milk	17 Chicken Tiki Masala, Fruit, Soy Milk	18
19	20 No School	21 No School	22 No School	23 No School	24 No School	25
26	27 Buffalo Chicken Power Bowl, Fruit, Soy Milk	28 Jamaican Beef Patty, Cauliflower, Fruit, Soy Milk	1	2	3	4
5	6	February Vacation- 2/20-2/24				

Nutrition Info:

All of our breakfast meet the following requirements: Milk-8 oz. Fruit or Vegetable-1 cup, Grain-1 oz.

All of our Lunches meet the following requirements: Vegetable-1 cup, Fruits-1 cup, Grains-2 oz, Meat/MA-2 OZ.

None of our Food Contains Peanuts, Tree Nuts, Fish, Shellfish, or Pork.

We Provide a choice of 4 "standard" meals: Hot Breakfast, Cold Breakfast, Hot Lunch & Cold Lunch.

We supply the following 4 allergy meals: Dairy Free Breakfast, Egg Free Breakfast, Dairy Free Lunch, & Vegetarian Lunch. Dairy Free lunch

Menu Items are subject to change due to availability.

February 2023

Lunch-Hot-CRB



	Monday	Tuesday	Wednesday	Thursday	Friday	
29	30	31	1 Jerk Chicken Pasta, Wheat Roll, Fruit, Milk	2 Turkey Nachos, Beans, Cheese, Fruit, Milk	3 Curry Chicken, Fruit, Milk	4
5	6 Chicken Pot Stickers w/ Fried Rice, Fruit, Milk	7 Soulful Beef Pasta, Fruit, Milk	8 Lemon Chicken, Wheat Roll, Fruit, Milk	9 Jamaican Beef Stew, Fruit Milk	10 Chicken Caesar Salad, Fruit, Milk	11
12	13 Chicken Tandoori Salad, Spinach, Fruit, Milk	14 Cheese Pizza, Fruit, Milk	15 Cheeseburgers, Tater Tots, Fruit, Milk	16 Sante Fe Ground Turkey Pasta, Fruit, Milk	17 Chicken Tiki Masala, Fruit, Milk	18
19	20 No School	21 No School	22 No School	23 No School	24 No School	25
26	27 Buffalo Chicken Power Bowl, Fruit, Milk	28 Jamaican Beef Patty. Cauliflower, Fruit, Milk	1	2	3	4
5	6	February Vacation- 2/20-2/24				

Nutrition Info:

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February 2023

Breakfast-Cold-KIPP & MA1



	Monday	Tuesday	Wednesday	Thursday	Friday	
29	30	31	1 Nutrigrain Bar, Fruit, Milk	2 Cheerios, Fruit, Milk	3 Blueberry Muffin, Fruit, Milk	4
5	6 Banana Muffins, Fruit, Milk	7 Raisin Bran, Fruit, Milk	8 Nutrigrain Bar, Fruit, Milk	9 Cheerios, Fruit, Milk	10 Blueberry Muffin, Fruit, Milk	11
12	13 Banana Muffins, Fruit, Milk	14 Rice Kripies, Fruit, Milk	15 Nutrigrain Bar, Fruit, Milk	16 Cheerios, Fruit, Milk	17 Blueberry Muffin, Fruit, Milk	18
19	20 No School	21 No School	22 No School	23 No School	24 No School	25
26	27 Banana Muffins, Fruit, Milk	28 Raisin Bran, Fruit, Milk	1	2	3	4
5	6	February Vacation- 2/20-2/24				

Nutrition Info:

All of our breakfast meet the following requirements: Milk-8 oz. Fruit or Vegetable-1 cup, Grain-1 oz.

All of our Lunches meet the following requirements: Vegetable-1 cup, Fruits-1 cup, Grains-2 oz, Meat/MA-2 OZ.

None of our Food Contains Peanuts, Tree Nuts, Fish, Shellfish, or Pork.

We Provide a choice of 4 "standard" meals: Hot Breakfast, Cold Breakfast, Hot Lunch & Cold Lunch.

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February 2023

Lunch-Cold-KIPP & MATCH



	Monday	Tuesday	Wednesday	Thursday	Friday	
29	30	31	1 Jerk Chicken Pasta, Wheat Roll, Fruit, Milk	2 Mexican Salad, Beans, Cheese, Fruit, Milk	3 Curry Chicken Salad Wrap, Fruit, Milk	4
5	6 Teriyaki Chicken Wrap, Fruit, Milk	7 Mexican Beef Pasta Salad, Fruit, Milk	8 Lemon Chicken Sald, Wheat Roll, Fruit, Milk	9 Jamican Beef Pasta Salad, Fruit, Milk	10 Chicken Caesar Salad, Fruit, Milk	11
12	13 Chicken Tandoori Salad, Spinach, Fruit, Milk	14 Chicken Caesar Salad, Fruit, Milk	15 BBQ Beef Wrap, Fruit, Milk	16 Sante Fe Ground Turkey Pasta Salad, Fruit, Milk	17 Chicken Tandoori Wrap, Fruit, Milk	18
19	20 No School	21 No School	22 No School	23 No School	24 No School	25
26	27 Buffalo Chicken Power Bowl, Fruit, Milk	28 Jamaican Beef Pasta Salad. Cauliflower, Fruit, Milk	1	2	3	4
5	6	February Vacation- 2/20-2/24				

Nutrition Info:

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All of our Lunches meet the following requirements: Vegeatable-1 cup, Fruits-1 cup, Grains-2 oz, Meat/MA-2 OZ.

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