



HOT BREAKFAST FEBRUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
JAN 29 Biscuit with turkey sausage, american cheese Orange, 1% milk	JAN 30 Fan Burrito, Eggs , mozzarella cheese, potato tots. (Whole Wheat Tortilla) (DF) Apple, 1% milk	JAN 31 Scrambled Eggs, turkey links. (DF) Clementine, 1% milk	1 English Muffin with Turkey Sausage Banana, 1% milk/choc milk	2 Fourtalia Omelet, Apple, 1% milk/choc milk
5 Biscuit, Turkey Sausage, American Cheese. Orange, 1% milk/choc milk	6 French Toast Sticks With Maple Syrup Apple, 1% milk/choc milk	7 Frittata with Hash Brown, and Turkey. (DF) Clementine, 1% milk/choc milk	8 Bagel with Cream Cheese Banana, 1% milk/choc milk	9 Pancakes with Maple Syrup Apple, 1% milk/choc milk
12 Pancakes with Maple Syrup Orange, 1% milk/choc milk	13 Fan Burrito, Eggs , mozzarella cheese. (Whole Wheat Tortilla) (DF) Apple, 1% milk/choc milk	14 Egg & Cheese Croissant Sandwich, Clementine, 1% milk/choc milk	15 Fried egg topping w/ranchera sauce, whole wheat toast, Banana, 1% milk/choc milk	16 Turkey Sausage, Cheddar cheese quesadilla (Whole Wheat) Apple, 1% milk/choc milk
19 French Toast Sticks With Maple Syrup Orange, 1% milk/choc milk	20 Egg & Cheese Croissant Sandwich, Apple, 1% milk/choc milk	21 Pancakes with Maple Syrup Clementine, 1% milk/choc milk	22 English Muffin with Turkey Sausage Banana, 1% milk/choc milk	23 Bagel with Cream Cheese Apple, 1% milk/choc milk
26 French Toast Sticks With Maple Syrup Orange, 1% milk/choc milk	27 Fan Burrito, Eggs , mozzarella cheese, (Whole Wheat Tortilla) (DF) Apple, 1% milk/choc milk	28 Scrambled Eggs, Turkey links, (DF) Clementine, 1% milk/choc milk	29 Bagel with Cream Cheese Banana, 1% milk/choc milk	

Cold Breakfast

FEBRUARY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
JAN 29 Chocolate Chip muffin, Orange , 1% milk	JAN 30 Cheerios whole-grain Cereal, Apple , and 1% milk	JAN 31 Cocoa Puffs Cereal, Clementine , 1% milk	1 Apple Cinnamon Cheerios Cereal Banana , 1% milk/choc milk	2 Chocolate Chip Muffin, Apple , 1% milk/choc milk
5 Froot Loop Cereal, Orange , 1% milk/choc milk	6 Oatmeal Apple bar Apple , 1% milk/choc milk	7 Cinnamon Toast Cereal, Clementine , 1% milk/choc milk	8 Blueberry muffin, Banana , 1% milk/choc milk	9 Cheerios Whole-Grain Cereal, Apple , 1% milk/choc milk
12 Graham Honey Cracker & 1 mozzarella stick (Pre-K No Cracker) Orange , and 1% milk/choc milk	13 Golden Cereal breakfast bar, Apple , 1% milk/choc milk	14 Chocolate Chip muffin, Clementine , 1% milk/choc milk	15 Froot Loop Cereal, Banana , 1% milk/choc milk	16 Cocoa Puffs Cereal, Apple , 1% milk/choc milk
19 Cinnamon Toast Cereal, Orange , 1% milk/choc milk	20 Apple Cinnamon muffin, Apple , 1% milk/choc milk	21 Graham Honey Cracker & 1 mozzarella stick (Pre-K No Cracker) Clementine , 1% milk/choc milk	22 Apple Cinnamon Cheerios Cereal, Banana , 1% milk/choc milk	23 Oatmeal Apple bar Apple , 1% milk/choc milk
26 Chocolate Chip muffin, Orange , 1% milk/choc milk	27 Cheerios whole-grain Cereal, Apple , and 1% milk/choc milk	28 Cocoa Puffs Cereal, Clementine , 1% milk/choc milk	29 Golden Cereal breakfast bar, Banana , 1% milk/choc milk	

DAIRY-FREE EGG-FREE BREAKFAST FEBRUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
JAN 29 & FEB 12 & 26	JAN 30 & FEB 13 & 27	JAN 31 & FEB 14 & 28	FEB 1 & 15 & 29	FEB 2 & 16
Whole Wheat Bagel with Jelly (assorted flavors!), Orange , 1% Dairy/Lactose Free Milk	Egg** Burrito with Salsa (Whole Wheat), Apple , 1% Dairy/Lactose Free Milk	Dairy-Free Cereal, Clementine , 1% Dairy/Lactose Free Milk	Turkey Sausage in a Whole Wheat Bagel Sandwich, Banana , 1% Dairy/Lactose Free Milk	Dairy-Free Cereal, Apple , 1% Dairy/Lactose Free Milk
5 & 19	6 & 20	7 & 21	8 & 22	9 & 23
Breakfast Burrito (Whole Wheat Tortilla) with turkey sausage, (DF), Orange , 1% Dairy/Lactose Free Milk	Dairy-Free Cereal, Apple , 1% Dairy/Lactose Free Milk	Hash Brown, Scrambled Eggs** with turkey, (DF) Clementine , 1% Dairy/Lactose Free Milk	Dairy-Free Cereal Banana , 1% Dairy/Lactose Free Milk	Egg** in a Whole Wheat Bagel Sandwich, Apple , 1% Dairy/Lactose Free Milk

Dairy-Free Cereal Options to be sent are:

- Cinnamon Toast
- Trix
- Cheerios

**Plant Based Egg Substitute, Ingredients will be listed on the daily menus.



Hot Lunch Menu

FEBRUARY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
JAN 29 Cheesy Ground Beef Tacos, Whole Wheat Tortilla and Carrots, Apple, 1% milk	JAN 30 Chicken Fajitas quesadilla, whole wheat tortilla, corn, Clementine, 1% milk	JAN 31 Teriyaki Chicken ,Enriched white rice, green beans Orange, 1% milk	1 Peruvian Chicken with Enriched carrot rice, corn, Apple, 1% milk/choc milk	2 Pizza day!!! Mixed Veggies, Banana, 1% milk/choc milk
5 Chicken Nuggets, with Mashed Potatoes, WW Dinner Roll and Carrots. Apple, 1% milk/choc milk.	6 Apple Mojo Chicken, Cuban Rice (Enriched White Rice), Carrots, Plantains, Clementine, 1% milk/choc milk	7 Penne pasta with beef meatballs, Marinara Sauce, broccoli and whole-wheat dinner roll. Orange, 1% milk/choc milk.	8 Brazilian Grilled Chicken, Enriched Rice, And Green Beans Apple, 1% milk/choc milk	9 Pizza day!!! Mixed Veggies, Banana, 1% milk/choc milk
12 Asian Ground Beef, Rice Noodles, and Broccoli, Apple 1% milk/choc milk	13 Lemon Roasted Chicken, Enriched Peas & Carrots Rice, And Corn Clementine, 1% milk/choc milk	14 Hot Dog Day!!!! Beef Sausage, Whole wheat Sub, potato tots, and Roasted Carrots, Orange, 1% milk/choc milk	15 Chicken Parm with Whole Wheat Pasta and Mixed Veggies, Apple, 1% milk/choc milk	16 Breakfast For Lunch!!! Pancakes with Sausage and , Carrots, Banana, 1% milk/choc milk
19 BBQ Grilled Chicken, baked sweet potato and red potato, lemon broccoli and dinner roll Apple, 1% milk/choc milk	20 Beef Goulash, with Enriched Whole Wheat Pasta and Carrots, Clementine, 1% milk/choc milk	21 Dominican chicken, Enriched Spanish Rice, Green Beans. Orange, 1% milk/choc milk	22 Turkey Fajitas Quesadilla, Whole Wheat Tortilla, Corn. Apple, 1% milk/choc milk	23 Pizza day!!! Mixed Veggies, Banana, 1% milk/choc milk
26 Cheesy Ground Beef Tacos, Whole Wheat Tortilla and Carrots, Apple, 1% milk/choc milk	27 Chicken Carnitas, Enriched White Rice, and Roasted Carrots, Clementine, 1% milk/choc milk	28 Black Beans, Enriched White Rice, Green Beans Orange, 1% milk/choc milk	29 Chicken Alfredo Enriched Pasta, Broccoli, Apple, 1% milk/choc milk	



FEBRUARY 2024

Cold Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
JAN 29 Hummus spinach dip: Hummus, with pretzels, baby carrots, Apple , 1% milk/choc milk.	JAN 30 Taco salad, black beans , chickpea, corn , queso fresco , cherry tomato , lettuce, tortilla chip, 100 island dressing. Clementine , 1% milk/choc milk.	JAN 31 Salvadorian Chicken wrap: Chicken, Cabbage, Carrots, whole wheat tortilla flour, Potato Sticks, Orange , 1% milk/choc milk.	1 Chicken Chipotle wrap: chicken, lettuce, baby carrots, whole-wheat tortilla, dressing Apple , 1% milk/choc milk	2 Lunch Box Salad: Turkey cubes, Cheese cubes, Pretzel bites, Celery, Cherry Tomatoes, Cucumber, Banana , 1 % milk/choc milk
5 Farm salad: Boiled eggs, lettuce, tomato, carrots, whole- wheat- dinner rolls, Italian dressing, Apple , 1% milk/choc milk.	6 Grilled Peruvian Chopped Chicken salad: lettuce, corn, cherry, black beans, whole wheat tortilla Clementine , 1% milk/choc milk.	7 Lemon chicken wrap, Whole Wheat Tortilla, Chicken breast, Mixed Veggie potato salad. Orange , 1% milk/choc milk. Contains: Mayo	8 Cheese Cobb Salad with garden salad: Lettuce, carrots, cherry tomato, Bread Croutons,Ranch Dressing Apple , 1% milk/choc milk	9 Smoke-grilled BBQ chicken sandwich: Smoked grilled chicken, lettuce, tomatoes, whole-wheat roll Banana , 1% milk/choc milk.
12 Smoke Grilled Chicken Sandwich, Whole wheat Bun, Coleslaw, Apple , 1% milk/choc milk. Contains: Mayo	13 DEU Turkey Wrap Lettuce Carrots, whole wheat tortilla flour, honey mustard Clementine , 1% milk/choc milk	14 Chicken Caesar salad: Grilled chicken, lettuce, cherry tomatoes, Caesar Dressing, whole-wheat dinner roll, Orange , 1% milk/choc milk	15 Grilled chicken with whole wheat pasta salad , corn Spinach, orange dressing, Apple , 1% milk/choc milk.	16 Mediterranean Salad Lettuce,, tomato, chickpea, bell peppers, cucumber,Mini pita breads,Balsamic Vinaigrette, Banana , 1% milk/choc milk
19 Farm salad: Boiled eggs, lettuce, tomato, celery, carrots, whole- wheat- dinner rolls, Italian dressing Apple , 1% milk/choc milk.	20 Grilled Chicken salad, apple, broccoli slaw, carrots , lettuce,Pupike seed , French Dressing, Clementine , 1% milk/choc milk	21 Sunflower Butter and Jelly on a Whole Wheat Bread Sandwich with Baby Carrots, Orange , 1% milk/choc milk	22 Chicken Caesar salad: Grilled chicken, lettuce, cherry tomatoes, whole-wheat dinner roll, & Caesar Dressing, Apple , 1% milk/choc milk.	23 Taco salad, black beans , chickpea, corn , cherry tomato , lettuce, WW tortilla chip, 100 island dressing. Banana , 1% milk/choc milk
26 Spicy Lemon Hummus, WW Pita Bread and Garden Salad, Apple , 1% milk/choc milk	27 Salvadorian Chicken wrap: Chicken, Cabbage, Carrots, whole wheat tortilla flour,, Clementine , 1% milk/choc milk. Contains: Mayo	28 Egg Salad Sandwich: WW Bread, Lettuce, Baby Carrots, Tomato Orange , 1% milk/choc milk.	29 Turkey deli with Cheddar Cheese Sandwich: WW Bread, Cheddar Cheese, Grape Tomato, Cucumber, Baby Carrots, Apple , 1% milk/choc milk	

Dairy Free Menu

FEBRUARY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
JAN 29 Cheesy Ground Beef Tacos, whole wheat Tortilla and Carrots, Apple, Dairy/Lactose Free Milk	JAN 30 Chicken Fajitas quesadilla, whole wheat tortilla, corn, Clementine, Dairy/Lactose Free Milk	JAN 31 Teriyaki Chicken, Enriched white rice, green beans Orange, Dairy/Lactose Free Milk	1 Peruvian Chicken with Enriched carrot rice, corn, Apple, Dairy/Lactose Free Milk	2 Pizza day!!! Mixed Veggies, Banana, Dairy/Lactose Free Milk
5 Chicken Nuggets, with Mashed Potatoes, WW Dinner Roll and Carrots. Apple, Dairy/Lactose Free Milk.	6 Apple Majo Chicken, Cuban Rice (Enriched White Rice), Carrots, Plantains, Clementine, Dairy/Lactose Free Milk	7 Penne pasta with beef meatballs, Marinara Sauce, broccoli and whole-wheat dinner roll, Orange Dairy/Lactose Free Milk.	8 Brazilian Grilled Chicken, Enriched Rice, And Green Beans Apple, Dairy/Lactose Free Milk	9 Pizza day!!! Mixed Veggies, Banana, Dairy/Lactose Free Milk
12 Asian Ground Beef, Rice Noodles, and Broccoli, Apple Dairy/Lactose Free Milk	13 Lemon Roasted Chicken, Enriched Peas & Carrots Rice, And Corn Clementine, Dairy/Lactose Free Milk	14 Hot Dog Day!!!! Beef Sausage, Whole wheat Sub, potato tots, and Roasted Carrots, Orange, Dairy/Lactose Free Milk	15 Chicken Parm with Whole Wheat Pasta and Mixed Veggies, Apple, Dairy/Lactose Free Milk	16 Breakfast For Lunch!!! WW Bagel with Sausage and Jelly with Carrots Banana, Dairy/Lactose Free Milk
19 BBQ Grilled Chicken, baked sweet potato and red potato, lemon broccoli and dinner roll Apple, Dairy/Lactose Free Milk	20 Beef Goulash, with Enriched Whole Wheat Pasta and Carrots, Clementine, Dairy/Lactose Free Milk	21 Dominican chicken, Enriched Spanish Rice, Green Beans, Orange, Dairy/Lactose Free Milk	22 Black Beans, Enriched White Rice, Green Beans Apple, Dairy/Lactose Free Milk	23 Pizza day!!! Mixed Veggies, Banana, Dairy/Lactose Free Milk
26 Cheesy Ground Beef Tacos, Whole Wheat Tortilla and Carrots, Apple, Dairy/Lactose Free Milk	27 Chicken Carnitas, Enriched White Rice, and Roasted Carrots, Clementine, Dairy/Lactose Free Milk	28 Black Beans, Enriched White Rice, Green Beans Orange, Dairy/Lactose Free Milk	29 Chicken Alfredo Enriched Pasta, Broccoli, Apple, Dairy/Lactose Free Milk	



FEBRUARY 2023

Vegetarian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
JAN 29 Black Beans and Cheese, Enriched Rice, Mixed Veggies. Apple 1% milk/choc milk	JAN 30 Cheese Quesadilla, Whole Wheat Tortilla and Corn. Clementine, 1% milk/choc milk	JAN 31 Vegan Teriyaki Chicken, Enriched White Rice, and Green Beans, Orange, 1% milk/choc milk	1 Vegan Peruvian Chicken with Carrot Rice, and Corn, Apple, 1% milk/choc milk	2 Pizza day! Pita dough, Vegan cheese, Mixed Veggies, Banana, 1% milk/choc milk
5 Veggie Chicken Nuggets, Mashed Potatoes, WW Dinner Roll and Carrots, Apple, 1% milk/choc milk	6 ChickPeas, Enriched Cuban Rice, Carrots, Plantains, Clementine, 1% milk/choc milk	7 Penne Pasta in Marinara Sauce, WW Dinner Roll & Broccoli Orange, 1% milk/choc milk	8 Lentil Stew, Enriched Rice, Green Beans, Apple, 1% milk/choc milk	9 Pizza Day! Pita Dough, Vegan Cheese, Mixed Veggies, Banana 1% milk/choc milk.
12 Asian Plant-Based Beef, Rice Noodles, and Broccoli, Apple, 1% milk/choc milk	13 Refried Beans, Enriched Peas and Carrots Rice, and Corn. Clementine, 1% milk/choc milk.	14 Vegan Sausage on a Whole Wheat Sub, potato tots, and Roasted Carrots, Orange 1% milk/choc milk	15 WW Pasta in Marinara Sauce & Cheese, Mixed Veggies Apple, 1% milk/choc milk	16 Breakfast for Lunch!!! Pancakes with a Cheese Slick, Banana 1% milk/choc milk.
19 BBQ Vegan Chicken, Baked Sweet potato and red potato, Lemon Broccoli and Dinner Roll, Apple, 1% milk/choc milk	20 Plant-Based Beef Goulash, Enriched Whole Wheat Pasta, And Carrots, Clementine, 1% milk/choc milk	21 Black Beans, Spanish Enriched Rice, Mixed Veggies, Orange, 1% milk/choc milk	22 Cheese Quesadilla Fajitas, Whole Wheat Tortilla and Corn. Apple, 1% milk/choc milk	23 Pizza Day! Pita Dough, Vegan Cheese, Mixed Veggies, Banana 1% milk/choc milk.
26 Black Beans and Cheese Tacos, Mixed Veggies. Apple 1% milk/choc milk	27 "Carnitas" Plant-Based Protein, Enriched White Rice, And Roasted Carrots Clementine, 1% milk/choc milk	28 Black Beans, Enriched White Rice, and Green Beans, Orange, 1% milk/choc milk	29 Alfredo Enriched pasta, Broccoli, Apple, 1% milk/choc milk.	



SPECIAL REQUESTS MENU FEBRUARY 2024

Option 1	Option 2	Option 3	Option 4	Option 5
Beef Meatball sub Whole Wheat sub, Corn/Broccoli. Fresh Fruit 1% Milk/Choc Milk	Chicken quesadilla, whole wheat tortilla, Corn Fresh Fruit 1% Milk/Choc Milk	Cold Lunch: Turkey Sandwich, Cheddar Cheese, WW Bread & Garden Salad. Fresh Fruit 1% Milk/Choc Milk	Chicken Nuggets, Roasted Carrots, Enriched White Rice Fresh Fruit 1% Milk/Choc Milk	Vegetarian Option: Sunflower Butter and Jelly Sandwich, Chickpeas, and Salad Fresh Fruit 1% Milk/Choc Milk

How to implement these options into your menu?

- If there's a meal on a certain day that the kids do not find very appetizing feel free to enter which option meal you'd like to replace it with under the Special Requests Section!
- The fruit sent will be assigned depending on the day you decide when to implement a substitute meal from the options above!
- These meal substitutes can be used to replace meals from the Hot Lunch Menu only and do not apply for meals from the Breakfasts Menus or Cold/Vegetarian/Dairy-Free Menus.
- Meal options cannot be mixed, one meal substitute per day.
- Fresh Fruit/Fruit Cup = FRUIT OF THE DAY

Any further questions please feel free to reach out and let me know!

NUTRITION INFORMATION

All our breakfasts meet the following requirements:

- Milk: 8 oz.
- Fruit or Vegetable: 1 cup/8 oz.
- Grain: 2 oz.

All our lunches meet the following requirements:

- Milk: 8 oz.
- Fruit: 1 cup/8 oz.
- Vegetables: 1 cup/8 oz.
- Grain: 2 oz.
- Protein: 2 oz.

None of our food products contain Peanuts, Tree Nuts, Fish, Shellfish, or Pork.

We provide a choice of 4 “standard” meals

- Hot breakfasts
- Cold breakfasts
- Hot lunches
- Cold lunches

We supply the following 4 Allergy Meals:

- Dairy-Free, Egg-Free breakfasts
- Vegetarian Lunches
- Dairy-Free Lunches
- Dairy-Free, Egg-Free Lunches

