

# Regular Lunch Menu (February 2023)



Taste Our Exciting New Items!

	MON	TUE	WED	THU	FRI
			1	2	3
ENTRÉE			Thai Basil Turkey Fried Rice (WGR)	Chicken & Yellow Rice (WGR)	Baked Chicken Parmesan (WGR)^
VEGETARIAN			Thai Basil Tofu Fried Rice	Tofu & Yellow Rice	Baked Veggie Parmesan
VEGETABLE			*Peas, Bell Pepper, Onion	*Carrots, Bell Pepper, Onion	*Bell Pepper, Celery, Tomato, Onion
FRUIT			Banana	Mandarin	Apple
	6	7	8	9	10
ENTRÉE	Creamy Chicken Pumpkin Soup (WGR)	Creamy Tuscan Chicken Pasta (WGR)^	Gen Tso Chicken & Rice (WGR)	Spanish Rice & Black Bean Casserole (WGR) ^	Mac and Cheese (WGR)^
VEGETARIAN	Vegan Creamy Pumpkin Soup	Creamy Tuscan Pasta	Gen Tso Tofu & Rice	Spanish Rice & Black Bean Casserole	Mac and Cheese
VEGETABLE	*Onion, Carrots, Beans, Pumpkin, Celery	*Cannellini Beans, Spinach, Bell Pepper	*Vegetable Medley	*Bell Pepper, Onion, Corn, Tomato	*Broccoli, Cannellini Beans
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Apple
	13	14	15	16	17
ENTRÉE	Chicken & Wild Rice Soup (WGR)	Creamy Alfredo Pasta (WGR)^	Chicken Stir Fry (WGR)	Chicken Paella (WGR)	Chicken Parmesan (WGR)^
VEGETARIAN	Veggie & Wild Rice Soup	Alfredo Pasta	Tofu Stir Fry	Veggie Paella	Veggie Parmesan Pasta
VEGETABLE	*Onion, Carrots, Parsley	*Cannellini Beans, Carrot, Bell Pepper, Onion	*Vegetable Medley	*Bell Pepper, Onion, Carrots	*Bell Pepper, Celery, Tomato, Onion
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Apple
	20	21	22	23	24
ENTRÉE	Chicken Pasta Salad (WGR)	White Chicken Chili (WGR)^	Turkey & Brown Rice (WGR)	Chicken Gumbo (WGR)	Mac and Cheese (WGR)^
VEGETARIAN	Vegan Pasta Salad	Veggie White Chilli	Tofu & Brown Rice	Veggie Gumbo	Mac and Cheese
VEGETABLE	*Onion, Carrots, Beans, Parsley, Celery, Bell Pepper	*Onion, Corn, Carrots, Beans, Millet	*Vegetable Medley	*Bell Pepper, Onion, Carrots	*Broccoli, Cannellini Beans
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Apple
	27	28			
ENTRÉE	Creamy Chicken Chowder (WGR)^	Chicken Jambalaya (WGR)			
VEGETARIAN	Creamy Veggie Chowder	Veggie Jambalaya			
VEGETABLE	*Cannellini Beans, Potato, Corn, Bell Pepper	*Bell Pepper, Onion, Carrots			
FRUIT	Apple	Sliced Oranges			

Pre-School Serving Sizes:  
 Meat 2 1/2 oz Grains 1 1/2 oz Bread 1/2 slice Vegetables 1/4 cup Fruit 1/4 cup  
 Grade 1-5 School Serving Sizes:  
 Meat 2.5 oz Grains 2-3 oz Bread 1 slice Vegetables 3/4 cup Fruit 3/4 cup

Dairy Free (DF) Gluten Free (GF) Soy Free (SF)  
 Items inside entries marked with ^  
 Items marked with \* contain Allergens. See ingredient list for details.  
 The main grain component in each meal are "WGR" - Whole Grain Rich