

Regular Lunch Menu (FEB 2024)



	MON	TUE	WED	THU	FRI
				1	2
ENTRÉE				Creamy Tomato Veggie Mac & Cheese (WGR)*	Thai Basil Turkey Fried Rice (WGR)
VEGETARIAN				Creamy Tomato Veggie Mac & Cheese (WGR)*	Thai Basil Tofu Fried Rice (WGR)
VEGETABLE				Bell Pepper, Onion, Tomato	Peas and Carrots
FRUIT				Mandarin	Melon
	5	6	7	8	9
ENTRÉE	Chicken Noodle Soup (WGR)	Chicken Burrito Bowl (WGR)	Pasta Marinara with Turkey Meatball (WGR)	Teriyaki Chicken & Rice (WGR)	Cheese Pizza (WGR)
VEGETARIAN	Vegan Noodle Soup (WGR)	Veggie Burrito Bowl (WGR)	Veggie Pasta Marinara with Cheese (WGR)	Teriyaki Tofu & Rice (WGR)	Cheese Pizza (WGR)
VEGETABLE	*Celery, Carrots, Parsley	Corn, Tomato, Black Beans, Onions	Marinara Sauce, Onion	*Vegetable Medley	Broccoli
FRUIT	Mandarin	Apple	Sliced Oranges	Banana	Melon
	12	13	14	15	16
ENTRÉE	Butter Chicken with Rice (WGR)	Broccoli Mac and Cheese (WGR)	Gen Tso Chicken & Rice (WGR)	Creamy Alfredo (WGR)	Chicken Burger (WGR)
VEGETARIAN	Butter Tofu with Rice (WGR)	Broccoli Mac and Cheese (WGR)	Gen Tso Tofu & Rice (WGR)	Creamy Alfredo (WGR)	Vegan Burger (WGR)
VEGETABLE	Vegetable Medley	Broccoli	Vegetable Medley	Peas and Carrots	Pickles
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Melon
	19	20	21	22	23
ENTRÉE	Creamy Tuscan Chicken Pasta (WGR)	🙄 Chicken Dumplings With Rice (WGR)	Broccoli Chicken With Rice (WGR)	Chicken Parmesan with Penne Pasta Sauce (WGR)	Orange Chicken & Rice (WGR)
VEGETARIAN	Creamy Tuscan Pasta (WGR)	Vegetarian Dumplings With Rice (WGR)	Broccoli Tofu With Rice (WGR)	Chicken Parmesan with Penne Pasta Sauce (WGR)	Orange Tofu & Rice (WGR)
VEGETABLE	*Cannellini Beans, Broccoli	Cucumber	Broccoli	Tomato, Onion	*Vegetable Medley
FRUIT	Mandarin	Apple	Sliced Oranges	Banana	Melon
	26	27	28	29	
ENTRÉE	Chicken Noodle Soup (WGR)	Sweet And Sour Chicken With Rice (WGR)	🙄 Turkey Pasta Bolognese (WGR)	BBQ Chicken with Corn Bread (WGR)	
VEGETARIAN	Vegan Noodle Soup (WGR)	Sweet And Sour Tofu With Rice (WGR)	Pasta Vegan Bolognese (WGR)	Vegan BBQ Chicken with Corn Bread (WGR)	
VEGETABLE	*Celery, Carrots, Parsley	Vegetable Medley	*Onion, Tomato, Carrots, Celery	Cole Slaw	
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	

Pre-School Serving Sizes

Meat 2.0 oz Grains 1-2 oz Bread 1/2 slice Vegetables 1/4 cup Fruit 1/4 cup

Grade - High 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)

Veggie inside entree marked with (*)

Items marked with ^ contain Allergens. See ingredient list for detail

The main grain component in each meal are "WGR" - Whole Grain Rich