

K-8 February Lunch Menu 2022

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			Monday		Tuesday		Wednesday		Thursday		Friday
Week	Daily Require	Weekly Require	Main Menu	Sandwich Line	1 Main Menu	Sandwich Line	2 Main Menu	Sandwich Line	3 Main Menu	Sandwich Line	4 Both Lines
Meat/MA	1 M/MA (Min.)	9-10 M/MA			Tacos, Beef (2M/MA)		Pastalaya (2M/MA)	Deli Sandwich (2M/MA) Turkey Melt (1oz cheese, 1oz meat)	Gumbo e	Chicken Tender Basket (2M/MA)	Offer Both Pizza (2M/MA)
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2cup	Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)
Veggie (G)	3/4c	1/2c (min)			GreenLeaf Lettuce (1/2c = 1/4c)		Broccoli Florets (1/4c)	Carrot, raw (1/4c)	Potato Salad(1/2c)	Regular Fries (3/4c)	Marinara Sauce (1/4c)
Veggie (R/O)	3/4c (min)	3/4c (min)			Salsa or Tomatoes, diced (1/4c)		Carrot, raw OR Slices, fz. (1/2c)	Carrot, raw(1/4c)	Coleslaw (1/4c)	Regular Fries (3/4c)	Cauliflower (1/4 c)
Veg. (S)	1/2c	1/2c									
Veg. (O)	1/2c	1/2c									
Legume	1/2c	1/2c	Seasoned Ranchero Pinto or Fiesta Black Beans (1/2c)		Seasoned Ranchero Pinto or Fiesta Black Beans (1/2c)		Seasoned Ranchero Pinto or Fiesta Black Beans (1/2c)		Seasoned Ranchero Pinto or Fiesta Black Beans (1/2c)		
WG Bread	1 B/G (Min.)	8-10 B/G			Taco-Cinnamon Breadsticks (1B/G) Tortilla (1=1B/G) Corn Shells (2=1.25B/G)		Garlic Breadstick (1B/G) Pasta (1/2C =1B/G)	Bread, Sliced, Purchased (2B/G)	Roll (2 B/G)	Roll (2 B/G)	Pizza (2B/G)
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate
Extras			Sour Cream and Jalapenos		Sour Cream and Jalapenos		Sour Cream and Jalapenos		Sour Cream and Jalapenos		
Meat/MA	1 M/MA (Min.)	9-10 M/MA	Chicken Tender(2M/MA, 1.25B/G)	Chicken Patty (2M/MA)	Tacos, Beef (2M/MA)	Hamburger (2M/MA)	Breezy Mac	BBQ Pulled Pork (2M/MA)	Chicken (2 M/MA) BBQ, Roasted,	Chicken Tender Basket (2M/MA)	Offer Both Stoppo Joe (2M/MA)
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2cup	Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)
Veggie (G)	3/4c	1/2c (min)	Salad(1/2c=1/4c)	Greenleaf lettuce (1/2c = 1/4c)	Green Leaf Lettuce (1/2c = 1/4c)	Green Leaf Lettuce (1/2c = 1/4c)		Greenleaf lettuce (1/2c = 1/4c)	Potato Salad(1/2c)	Sweet Potato Fries (3/4c) Fries OR Tots (3/4c)	Green Leaf (1/2c = 1/4c) Tomato, sliced(1/4c) Fries or Tots(3/4c)
Veggie (R/O)	3/4c (min)	3/4c (min)	Mashed Potatoes (1/2c) w/ cheese	Regular Fries (3/4c)	Salsa or Tomatoes, diced (1/4c)	Tomatoes, sliced (1/4c)		Regular Fries (3/4c)			
Veg. (S)	1/2c	1/2c									
Veg. (O)	1/2c	1/2c									
Legume	1/2c	1/2c	Ranchero Pinto or Fiesta Black Beans (1/2c=1/2c)		Ranchero Pinto or Fiesta Black Beans (1/2c=1/2c)		Ranchero Pinto or Fiesta Black Beans (1/2c=1/2c)		Baked Beans (1/2c=1/4c)		
WG Bread	1 B/G (Min.)	8-10 B/G	Breadstick (1B/G) Roll (1 B/G)	Bun, Purchased (2B/G)	Taco-Cinnamon Breadsticks (1B/G) Tortilla (1=1B/G) Corn Shells (2=1.25B/G)	Bun, Purchased (2B/G)	French Bread (1B/G)	Bun, Purchased (2B/G)	Roll (2B/G)	Bun, Purchased (2B/G) Roll (2 B/G)	Sloppy Joe-Bun, Purchased (2B/G)
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate
Extras			Sour Cream and Jalapenos		Sour Cream and Jalapenos		Sour Cream and Jalapenos		Sour Cream and Jalapenos		
Meat/MA	1 M/MA (Min.)	9-10 M/MA	Chicken Tender(2M/MA, 1.25B/G)	Chicken Patty (2M/MA)	Tacos, Beef (2M/MA)	Nachos Supreme (2M/MA)	Meatloaf (2M/MA)	Grilled Cheese (2oz cheese)	Turkey Roast)	Chicken Tender Sandwich (2M/MA)	Offer Both Pizza (2M/MA)
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2cup	Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)
Veggie (G)	3/4c	1/2c (min)	Carrots, raw (1/4c)	Greenleaf lettuce (1/2c = 1/4c)	GreenLeaf Lettuce (1/2c = 1/4c)	GreenLeaf Lettuce (1/2c = 1/4c)		Greenleaf lettuce (1/2c = 1/4c)	Sweet Potato Casserole (2/3c=1/2c)	Regular Fries (3/4c)	Broccoli Florets (1/4c) Marinara Sauce (1/4c.)
Veggie (R/O)	3/4c (min)	3/4c (min)	Green Peas (1/2c)	Tomatoes, sliced (1/4c)	Salsa or Tomatoes, diced (1/4c)	Salsa or Tomatoes, diced (1/4c)		Regular Fries (3/4c)	Cauliflower (1/4c)	Regular Fries (3/4c) Cauliflower (1/4c)	
Veg. (S)	1/2c	1/2c									
Veg. (O)	1/2c	1/2c									
Legume	1/2c	1/2c	Seasoned Ranchero Pinto or Fiesta Black Beans (1/2c)		Seasoned Ranchero Pinto or Fiesta Black Beans (1/2c)		Seasoned Ranchero Pinto or Fiesta Black Beans (1/2c)		Seasoned Ranchero Pinto or Fiesta Black Beans (1/2c)		
WG Bread	1 B/G (Min.)	8-10 B/G	Roll (1 B/G) Mac & Cheese 1/2c (.75B/G + .75M/MA)	Bun, Purchased (2B/G)	Taco-Cinnamon Breadsticks (1B/G) Tortilla (1=1B/G) Corn Shells (2=1.25B/G)	Nacho Chips (2B/G)	Roll (2 B/G)	Bread, Sliced, Purchased (2B/G)	Roll (2B/G) Rice (1/2c=1B/G) w/ Gravy	Bun, Purchased (2B/G)	Pizza (2B/G)
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate
Extras			Sour Cream and Jalapenos		Sour Cream and Jalapenos		Sour Cream and Jalapenos		Sour Cream and Jalapenos		
Meat/MA	1 M/MA (Min.)	9-10 m/ma	General Tso's Chicken (2M/MA)	Chicken Patty (2M/MA)	Fajita (2M/MA)	Hamburger (2M/MA) OR Cheeseburger (2M/MA)	Meat Sauce (2M/MA)	BBQ Pulled Pork (2M/MA)	Chicken (2 M/MA) Oven Fried	Chicken Tender Basket (2M/MA)	Offer Both Hotdog (2M/MA) with Chili Chili Cheese Fries (2M/MA)
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2 cup	Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)
Veggie (G)	3/4c	1/2c (min)	Steamed Broccoli (1/2c)	Greenleaf lettuce (1/2c = 1/4c)	Green Leaf Lettuce (1/2c = 1/4c)	Green Leaf Lettuce (1/2c = 1/4c)		Greenleaf lettuce (1/2c = 1/4c)		Regular Fries (3/4c)	Carrot, baby (1/4c) Fries or Tots(3/4c)
Veggie (R/O)	3/4c (min)	3/4c (min)	Carrots, raw (1/4c)	Regular Fries (3/4c)	Salsa or Tomatoes, diced (1/4c)	Tomatoes, sliced (1/4c)		Regular Fries (3/4c)			
Veg. (S)	1/2c	1/2c									
Veg. (O)	1/2c	1/2c									
Legume	1/2c	1/2c	Seasoned Ranchero Pinto or Fiesta Black Beans (1/2c)		Seasoned Ranchero Pinto or Fiesta Black Beans (1/2c)		Seasoned Ranchero Pinto or Fiesta Black Beans (1/2c)		Red Beans (3/4c = 1/2c)		
WG Bread	1 B/G (Min.)	8-10 B/G	Breadstick (1B/G) Rice (1/2c=1B)	Bun, Purchased (2B/G)	Cinnamon Breadsticks (1B/G) Tortilla (1=1B)	Bun, Purchased (2B/G)	French Bread (1B/G) Spaghetti (1/2c =1B/G)	Bun, Purchased (2B/G)	Biscuit (2B/G) Rice (1/2c = 1B/G)	Bun, Purchased (2B/G) Roll (2 B/G)	Bun, Purchased (2B/G) Chili Cheese Fries-Roll (2B/G)
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate
Extras			Sour Cream and Jalapenos		Sour Cream and Jalapenos		Parmesan cheese		Sour Cream and Jalapenos		Relish and unions

***Vegeterian Options**
 Yogurt & Cheese Stick
 Smoothie & Cheese Stick
 Sunbutter & Jelly Sandwich
 Veggie Burger
 Parfait

This institution is an equal opportunity provider. Menus are subject to change.

Deserts

<p>Must prepare a desert 1 to 2 times weekly (NO MORE THAN 2 TIMES A WEEK)</p>	<p>Choices</p> <ul style="list-style-type: none"> Cake/Cupcake Cookie Brownie Rice Crispy
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Fruit Crisp - (1/2c=1/4c fruit serving)

