

K-8 February Lunch Menu 2021

C:\Users\jburas\Downloads\COPY of February lunch.xlsx|February

			Monday		Tuesday		Wednesday		Thursday		Friday
Week	Daily Requir	Weekly Require	Main Menu	Sandwich Line	Main Menu	Sandwich Line	Main Menu	Sandwich Line	Main Menu	Sandwich Line	Both Lines
Meat/MA	1 M/MA (Min.)	9-10 MMA	Chicken Tender(2M/MA, 1.25B/G)		Tacos, Beef (2M/MA) OR		Pastalaya (2M/MA)			BBQ Chicken (2M/MA)	Offer Choices
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2cup	Peaches or Apples (1/2c)		Pears (1/2c)		Applesauce or Honeydew/Cantaloupe (1/2c)		Mixed Fruit (1/2c)		Bananas (1/2c)
Veggie (G)	3/4c	1/2c (min)	Salad(1/2c=1/4c)		GreenLeaf Lettuce (1/2c = 1/4c)		Broccoli Florets (1/4c)			Regular Fries (3/4c)	Lettuce
Veggie (R/O)	3/4c (min)	3/4c (min)	Mashed Potatoes (1/2c) w/ chesse		Salsa (1/4c)		Carrot, raw OR Slices, fz. (1/2c)			Coleslaw (1/4c)	Fries
Veg. (S)	1/2c	1/2c									
Veg. (O)	1/2c	1/2c									
Legume			Seasoned Rancho Pinto or Fiesta Black Beans (1/2c)								
WG Bread	1 B/G (Min.)	8-10 B/G	Roll (2B/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)			Bun, Purchased (2B/G)	Bun
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		Cookie	Cookie	Tartar Sauce		
Meat/MA	1 M/MA (Min.)	9-10 MMA	Chicken Nugget		Fajita (2M/MA) (School Made)w/ Cheese		Lasagna (2M/MA)			Hot Dog (2M/MA) w/ OR w/out Chili Corn Dogs	Pork Pattie
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2cup	Pear or Oranges (1/2c)		Peaches or Kiwi (1/2c)		Pineapple (1/2c)		Southern Baked Apples or Watermelon (1/2c)		Raisins/Cran (1/4=1/2c)
Veggie (G)	3/4c	1/2c (min)	Broccoli Florets (1/4c)		Green Leaf Lettuce (1/2c = 1/4c)						Green Leaf (1/2c = 1/4c)
Veggie (R/O)	3/4c (min)	3/4c (min)	Steamed Carrots (1/2c)		Corn (1/2c)					Fries	Fries
Veg. (S)	1/2c	1/2c									
Veg. (O)	1/2c	1/2c									
Legume			Rancho Pinto or Fiesta Black Beans (1/2c=1/2c)								
WG Bread	1 B/G (Min.)	8-10 B/G	Rolls Fries		Fajita-Tortilla (1=1B/G)		French Bread (1B/G) Lasagna (1/2c =1B/G)			Bun, Purchased (2B/G)	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		Parmesan cheese				
Meat/MA	1 M/MA (Min.)	9-10 MMA	Chicken Tender(2M/MA, 1.25B/G)		Nacho Supreme (2M/MA) w/Cheese		Meatball Sub (2M/MA)			Shepherds Pie (2M/MA)	Chicken Patty (2M/MA) Offer Additional Sandwich Choice
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2cup	Pineapples or Apples (1/2c)		Applesauce (1/2c)		Mixed Fruit or Grapes (1/2c)		Pears (1/2c)		Bananas (1/2c)
Veggie (G)	3/4c	1/2c (min)	Carrots, raw (1/4c)		Greenleaf lettuce (1/2c = 1/4c)						Green Leaf (1/2c = 1/4c)
Veggie (R/O)	3/4c (min)	3/4c (min)	Green Peas (1/2c)		Salsa(1/4c)		Marinara (1/4c) offer extra on bar Regular Fries (3/4c)				Regular Fries (3/4c)
Veg. (S)	1/2c	1/2c									
Veg. (O)	1/2c	1/2c								Zucchini & Squash (1/4c)	
Legume			Rancho 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)		Nacho Supreme-Nacho Chips (2B/G)			Sub Roll (2B/G)		Roll (2 B/G)	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					Jalapenos					Rice Crispy Treat	
Meat/MA	1 M/MA (Min.)	9-10 m/ma	General Tso's Chicken (2M/MA)	Chicken Patty (2M/MA)	Gumbo (2M/MA)			Chicken Tenders		Chicken (2 M/MA) Fried	Hamburger (2M/MA) OR Cheeseburger (2M/MA) Offer Additional Sandwich Choice
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2 cup	Applesauce or Oranges (1/2c)		Mixed Fruit (1/2c)		Peaches or Frozen Fruit Cup (1/2c)		Pineapple (1/2c) or Fruit Crisp (1/2c=1/4c)		Raisins/Cran (1/4=1/2c)
Veggie (G)	3/4c	1/2c (min)	Steamed Broccoli (1/2c)	Greenleaf lettuce (1/2c = 1/4c)			Greenleaf lettuce (1/2c = 1/4c)				Green Leaf (1/2c = 1/4c)
Veggie (R/O)	3/4c (min)	3/4c (min)	Carrots, raw (1/4c)								
Veg. (S)	1/2c	1/2c		Regular Fries (3/4c)	Potato Salad (1/2c)		Regular Fries (3/4c)				Fries or Tots(3/4c)
Veg. (O)	1/2c	1/2c			Zucchini & Squash (1/4c)						
Legume			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)	Bread Stick (1B/G) Rice (1/2c = 1B/G)			Bun, Purchased (2B/G)		Biscuit (2B/G)	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							Brownie				

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

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