



WEEK of 2/20/23 MENU

	BREAKFAST	LUNCH	DINNER	SNACK
MON 2/20/23	Apple Juice Omelet with Colby Cheese Whole Wheat Toast with Margarine & Jelly Sliced Pears Milk and Water	Roast Beef in Gravy on Whole Wheat Roll Corn Mandarin Oranges Milk and Water	Hot Dogs  Cauliflower Cookies Milk and Water	Crunchy Cheetos & Milk
TUE 2/21/23	Cranberry Juice Whole Grain French Toast Sticks with Syrup Fruit Cocktail Milk and Water	Papas Rellenas con queso pollo y broccoli Whole Wheat Dinner Roll with Margarine Pineapple Chunks Vanilla Pudding PC Milk and Water	Maple Glazed Ham Scalloped Potatoes Lettuce Wedge with Salad Dressing Chocolate Cake Milk and Water	Cheez It Crackers & Milk
WED 2/22/23	Orange Juice Oatmeal with Syrup Fresh Fruit Milk and Water	<u>Ash Wednesday</u> Roasted Quinoa Burger with Cheese on Whole Wheat Roll Carrots Sliced Peaches Milk and Water	Stuffed Shells California Vegetables Dinner Roll with Margarine Orange Sherbet Milk and Water	Corn Chips & Milk
THUR 2/23/23	Grape Juice WG Maple Flavored Pancakes and Turkey Sausage Wrap  Mandarin Oranges Milk and Water	Chicken Salad with Lettuce on Whole Wheat Roll Four Beans Salad Cherry Tomatoes Flavored Applesauce Milk and Water	Loaded Nachos over Tortilla Chips Pear Halves Chocolate Pudding Milk and Water	Vanilla Wafers & Milk
FRI 2/24/23	100% Fruit Punch WG Apple Muffin with Margarine & Jelly Enriched Bran Flakes Pineapple Tidbits Milk and Water	WG Breaded Fish with Cheese on WG Roll with Tartar Sauce Coleslaw Cauliflower Florets Fruit Cocktail Milk and Water	Cheese Pizza (Unit to Bake) Green Beans Brownie Milk and Water	Pretzels & Milk
SAT 2/25/23	Cranberry Juice WG Granola Bar Peach Halves Milk and Water	WG Chicken and Waffles with Syrup Tossed Salad with Cherry Tomatoes and Salad Dressing Sliced Pears Milk and Water	Boneless Pork Chop in Gravy Macaroni Salad Peas Applesauce Milk and Water	Graham Crackers & Milk
SUN 2/26/23	Orange Juice WG Bagel with Margarine & Jelly Fruit Cocktail Milk and Water	Turkey and American Cheese on Club Roll Potato Salad Baby Carrots Fresh Fruit Milk and Water	Chicken Breast Seasoned Rice Lettuce Wedge with Salad Dressing Dinner Roll with Margarine Chocolate Ice Cream Milk and Water	Goldfish Crackers & Milk

****No Pork**

