



FEBRUARY

2021

Breakfast/ Lunch Menu Carb Count

BREAKFAST MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	**WG Cheerios Corn Flakes Pears 4 oz Apple Juice 4 oz	14 String Cheese 16 WG Graham Cracker 13 Mixed Fruit 4 oz 14 Orange Juice 4 oz	1 Cereal Bar 21 Mandarin Orange 4 oz 13 Apple Juice 4 oz 13 Muffin	25 Yogurt 13 WG Graham Cracker 14 Applesauce 4 oz 31 Orange Juice 4 oz	8 **WG Cheerios/Corn Flakes 21 Corn Flakes 12 Peaches 4 oz 13 Apple Juice 4 oz

LUNCH MEAL PATTERN	2/1/2021	2/2/2021	2/3/2021	2/4/2021	2/5/2021
	**WG Chicken Nuggets Baked Fries Pineapple Tidbits Sweet Peas Ketchup	16 Sliced Turkey 22 Mashed Potato 22 Pinto Beans 9 Pear Slices 2 WG Slice Bread	1 Sloppy Joe 19 Baby Carrots 17 Slice Peaches 21 *WW Bun 15 Ranch	8 Egg Patty 7 Broccoli 16 Cucumbers 26 Applesauce 2 WG Bread Ranch String Cheese	1 Turkey Mini Corn Dogs 5 Potato Wedges 5 Mandarin Orange 22 Carrot Coins 15 Ketchup 2 1
	2/8/2021	2/9/2021	2/10/2021	2/11/2021	2/12/2021
	Cheese Quesadillas Corn Mixed Fruit Celery Sticks Ranch	32 Beef Taco 15 Pinto Beans 17 Banana 1 Taco Shells 2 Lettuce cheese salsa	2 Pork BBQ 17 Broccoli 27 Crushed Pineapple 20 *WW Bun 1 2 2	12 Chili Con Carne 5 Baby Carrots 22 Diced Peas 26 WG Bread	8 Cheeseburger (patty) 7 Sweet Potato Fries 21 Diced Peaches 15 *WW Bun Green Beans Ketchup
	2/15/2021	2/16/2021	2/17/2021	2/18/2021	2/19/2021
	Turkey Ham Broccoli Baby Carrots Applesauce Cheese WG Bread Mayo Ranch	1 Chicken Tacos 5 Pinto Beans 7 Mandarin Orange 22 WW Tortilla 2 lettuce 15 cheese 2 2	1 Fish Sticks 17 Baked Fries 17 Sweet Peas 15 Mixed Fruit 1 Ketchup 2 Tartar Sauce	19 Turkey Meatballs 22 Sweet Corn 9 Fresh Apple 17 **WG Pasta 2 Breadstick 3	1 French Toast Sticks 15 Tater Tots 25 Pineapple Tidbits 15 Mixed Veggies 14 syrup ketchup
	2/22/2021	2/23/2021	2/24/2021	2/25/2021	2/26/2021
	Chicken Patty Potato Wedges Pear Slices *WW Bun Celery sticks Ranch Ketchup	12 Beef Taco 30 Pinto Beans 21 Diced Peaches 26 Taco Shells 1 lettuce 2 cheese 2 salsa	2 **WG Chicken Nuggets 17 Baked Fries 16 Applesauce 20 Broccoli 1 Ketchup 2 2	16 22 22 5 2 No Student Attendance	No Student Attendance
					Milk Count in Grams (gm) Per 8 oz carton: 1% White Milk 13 Lactose Free-White Milk 13 Chocolate Fat Free 24 Soy Milk 7

*Whole Wheat
 **Whole Grain
 ***All meals include ½ pint of milk. Students may choose 1% low-fat Unflavored or Flavored

This Institution is an equal opportunity provider
 Menu subject to change without notice

F. Rivera