

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**JANUARY 31**  
 Assorted  
 Whole Grain Cereal  
 Pears

**1**  
 Whole Grain Bagels  
 Cream Cheese  
 Tangerines

**2**  
 Whole Grain Banana  
 Muffin  
 Cantaloupe

**3**  
 Whole Grain Pancake  
 Turkey Bacon  
 Orange  
 Fruit Jelly

**4**  
 Whole Grain  
 French Toast  
 Turkey Breakfast Sausage  
 Apples  
 Fruit Jelly

**7**  
 Assorted  
 Whole Grain Cereal  
 Pears

**8**  
 Whole Grain Waffles  
 Turkey Breakfast Sausage  
 Orange  
 Fruit Jelly

**9**  
 Whole Grain Apple  
 Muffin  
 Apples

**10**  
 Whole Grain Bagels  
 Cream Cheese  
 Pineapple

**11**  
 Whole Grain English Muffin  
 with Turkey Ham and  
 American Cheese  
 Bananas

**14**  
 Assorted  
 Whole Grain Cereal  
 Pears

**15**  
 Whole Grain  
 French Toast  
 Turkey Breakfast Sausage  
 Orange  
 Fruit Jelly

**16**  
 Fat Free Yogurt  
 Granola Bars  
 (Graham Crackers for Pre-K)  
 Apples

**17**  
 Whole Grain  
 Banana Muffin  
 Peaches

**18**  
 Whole Grain  
 Pancakes  
 Scrambled Eggs  
 Cantaloupe  
 Fruit Jelly

**21**  
**NO SCHOOL**  
**PRESIDENT'S DAY**

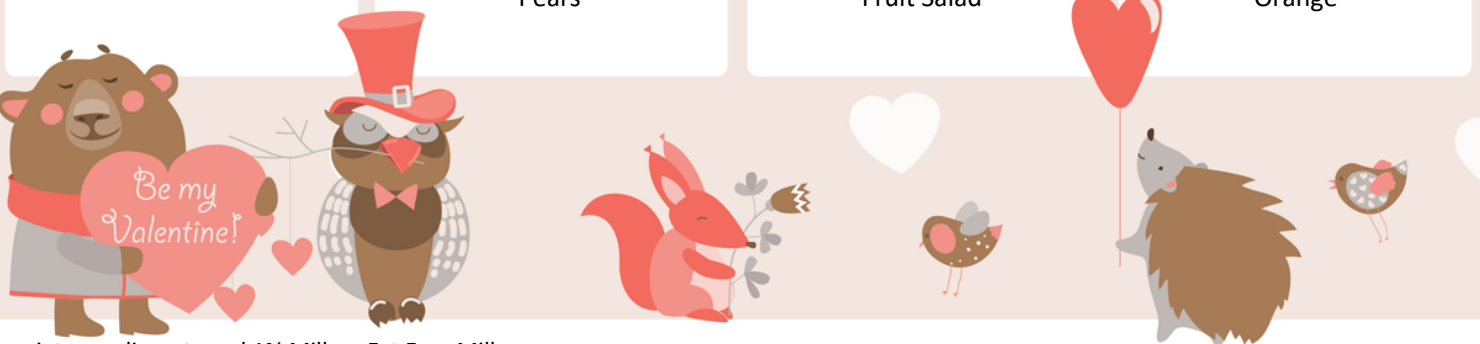
**22**  
 Assorted  
 Whole Grain Cereal  
 Apples

**23**  
 Whole Grain Bagels  
 Cream Cheese  
 Pears

**24**  
 Whole Grain  
 French Toast  
 Turkey Bacon  
 Fruit Salad

**25**  
 Whole Grain  
 Apple Muffin  
 Orange

**28**  
 Assorted  
 Whole Grain Cereal  
 Apples



- All meals served with appropriate condiments and 1% Milk or Fat Free Milk.
- Menu subject to change.
- Daily fruit offered might change depending on availability.

*This institution is an equal opportunity provider.*

# FEBRUARY 2022

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**JANUARY 31**

Chicken Nuggets  
Whole Grain Roll  
Baked Beans  
Oranges

1 Ground Beef  
Spanish Rice  
Carrots  
Apple Sauce

2 Macaroni & Cheese  
Broccoli  
Bananas

3 Chicken Drumstick  
Whole Grain Roll  
Green Beans  
Ketchup

4 Cheeseburger on  
Whole Grain Bun  
Potato Fries  
Peaches

7 Chicken Patty  
Sandwich  
on Whole Grain Bun  
Sweet Potatoes  
Apples

8 Spanish Rice with  
Chicken  
Pinto Beans  
Bananas

9 Meatloaf  
Gravy, Mashed Potatoes  
Green Beans  
Whole Grain Roll  
Tangerines

10 Spaghetti & Meatballs  
Broccoli  
Pears

11 Arroz con Queso  
(Spanish Style Rice with  
Beans and Mozzarella Cheese)  
Corn  
Peaches

14 Chicken Drumsticks  
Whole Grain Roll  
Green Beans  
Oranges

15 Chicken Taco  
Corn Taco Shells  
Corn  
Bananas

16 Cheese Pizza  
Broccoli  
Pears

17 Chili con Carne with  
Beans  
(Beef & Bean Chili)  
Brown Rice  
Romaine Lettuce & Tomato  
Apples

18 Chicken Nuggets  
Whole Grain Roll  
Baked Beans  
Tangerines

21 **NO SCHOOL**  
  
**PRESIDENT'S DAY**

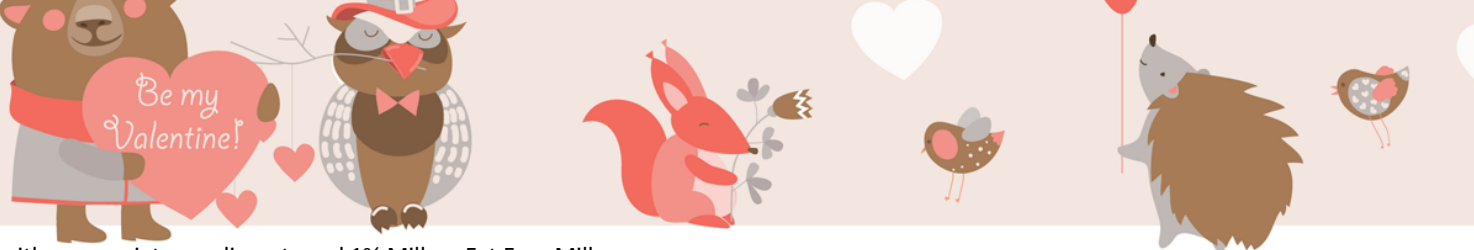
22 Chicken Patty  
Sandwich  
on Whole Grain Bun  
Sweet Potato  
Pears

23 Chicken Stir Fry / Teriyaki  
Brown Rice  
Black Beans  
Oranges

24 Macaroni & Cheese  
Broccoli  
Apples

25 Meatloaf  
Gravy, Mashed Potatoes  
Green Beans  
Whole Grain Roll  
Bananas

28 Cheeseburger on  
Whole Grain Bun  
Potato Fries  
Oranges



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# FEBRUARY 2022

## Vegetarian Lunch Menu

### Monday

**JANUARY 31**

Vegetarian Patty  
Whole Grain Roll  
Baked Beans  
Oranges

### Tuesday

Spanish Rice with  
Vegetarian Meat **1**  
Carrots  
Apple Sauce

### Wednesday

Macaroni & Cheese **2**  
Broccoli  
Bananas

### Thursday

Cheese Quesadilla **3**  
Green Beans  
Ketchup

### Friday

Vegetarian Patty **4**  
Whole Grain Bun  
Potato Fries  
Peaches

Vegetarian Patty **7**  
Sandwich  
on Whole Grain Bun  
Sweet Potatoes  
Apples

Rice with Tofu and **8**  
Vegetables  
Pinto Beans  
Bananas

Cheese Quesadilla **9**  
Mashed Potatoes  
Green Beans  
Whole Grain Roll  
Tangerines

Vegetarian Spaghetti **10**  
Broccoli  
Pears

Arroz con Queso **11**  
(Spanish Style Rice with  
Beans and Mozzarella Cheese)  
Corn  
Peaches

Vegetarian Patty **14**  
Whole Grain Roll  
Green Beans  
Oranges

Vegetarian Meat **15**  
Tacos  
Corn Taco Shells  
Corn  
Bananas

Cheese Pizza **16**  
Broccoli  
Pears

Bean Chili **17**  
Brown Rice  
Romaine Lettuce & Tomato  
Apples

Rice with Vegetarian **18**  
Meat  
Whole Grain Roll  
Baked Beans  
Tangerines

**NO SCHOOL**

**PRESIDENT'S DAY**

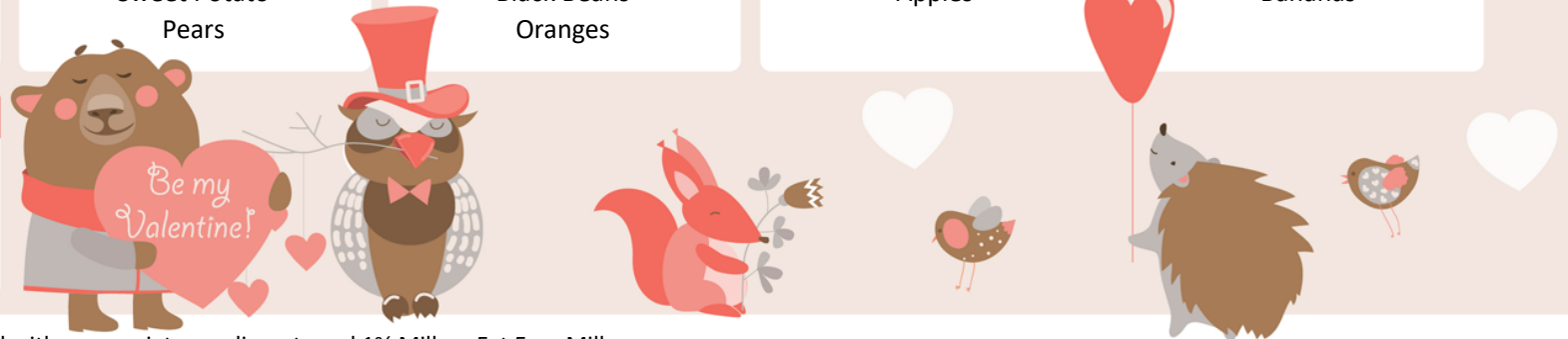
Vegetarian Patty **22**  
Sandwich  
on Whole Grain Bun  
Sweet Potato  
Pears

Rice with **23**  
Vegetarian Meat  
Brown Rice  
Black Beans  
Oranges

Macaroni & Cheese **24**  
Broccoli  
Apples

Rice and Beans **25**  
Mashed Potatoes  
Green Beans  
Bananas

Vegetarian Patty on **28**  
Whole Grain Bun  
Potato Fries  
Oranges



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# FEBRUARY 2022 SNACK MENU

TOP SPANISH CATERING, INC

Monday

Tuesday

Wednesday

Thursday

Friday

JANUARY 31

WHOLE GRAIN MUFFIN  
MILK

WHOLE GRAIN  
FRUIT BAR  
MILK

GOLDFISH CRACKERS  
MILK

FAT FREE YOGURT  
APPLE SLICES

WG SUNCHIPS  
MILK

GRAHAM CRACKERS  
MILK

CHEESE STRING  
APPLE SAUCE

CHEEZIT CRACKERS  
MILK

WG GRANOLA BARS  
MILK

WG ZUCHINI BREAD  
MILK

WHOLE GRAIN MUFFIN  
MILK

PRETZELS  
MILK

GOLDFISH CRACKERS  
MILK

WHOLE GRAIN  
FRUIT BAR  
MILK

WG SUNCHIPS  
MILK

**NO SCHOOL**

*PRESIDENT'S DAY*

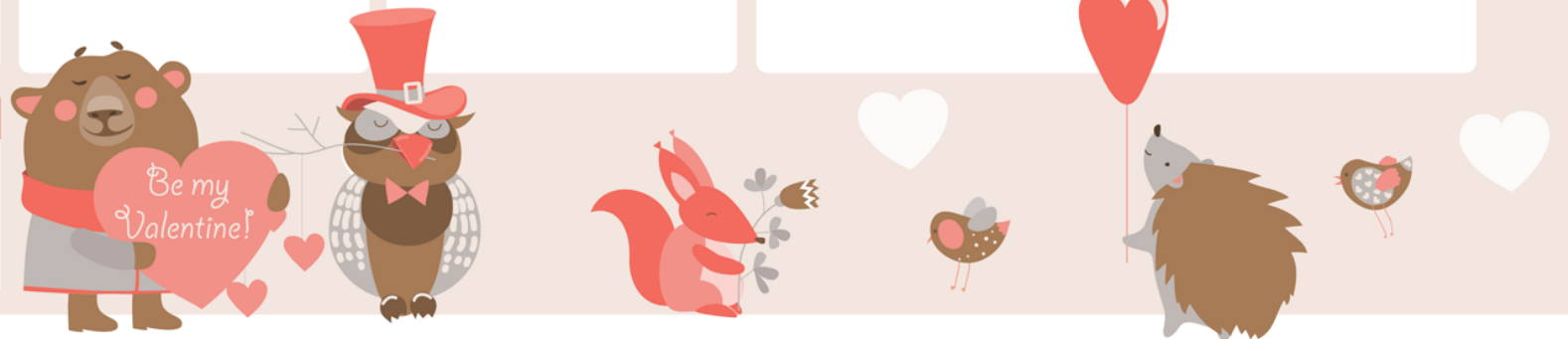
GRAHAM CRACKERS  
MILK

FAT FREE YOGURT  
APPLE SLICES

GOLDFISH CRACKERS  
MILK

PRETZELS  
PEARS

GRAHAM CRACKERS  
MILK



- Menu subject to change.

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