

Monday

Tuesday

Wednesday

Thursday

Friday

FEBRUARY 28
 Assorted Whole Grain Cereal
 Fresh Oranges

Whole Grain Waffles **1**
 Turkey Bacon Syrup or Jelly
 Fresh Cantaloupe

Whole Grain Apple Muffin **2**
 Fresh Pears

Whole Grain Pancakes **3**
 Turkey Sausage Links Syrup or Jelly
 Fresh Apples

Fat Free Fruit Yogurt **4**
 Granola Bars
 (Pre-K: Graham Crackers)
 Fresh Bananas

Assorted Whole Grain Cereal **7**
 Fresh Oranges

Whole Grain Bagels **8**
 Cream Cheese
 Fresh Pineapple

NO SCHOOL **9**

Whole Grain French Toast **10**
 Turkey Bacon
 Fresh Pears

WG Turkey Ham and Cheese English Muffins **11**
 Fresh Bananas

Assorted Whole Grain Cereal **14**
 Fresh Pears

Whole Grain Pancakes **15**
 Turkey Sausage Links Syrup or Jelly
 Fresh Cantaloupe

Fat Free Fruit Yogurt **16**
 Granola Bars
 (Pre-K: Graham Crackers)
 Fresh Oranges

Whole Grain Zucchini Bread **17**
 Apple Slices

Whole Grain Waffles **18**
 Turkey Bacon Syrup or Jelly
 Fresh Bananas

Assorted Whole Grain Cereal **21**
 Fresh Apples

Whole Grain Apple Muffin **22**
 Fresh Oranges

Whole Grain French Toast **23**
 Turkey Bacon
 Pears

Whole Grain Bagels **24**
 Cream Cheese
 Fresh Pineapple

Turkey Sausage Patty **25**
 Home Potatoes
 Whole Grain Roll
 Fresh Banana

Assorted Whole Grain Cereal **28**
 Fresh Oranges

Whole Grain Bagels **29**
 Cream Cheese
 Fresh Pears

Whole Grain Pancakes **30**
 Scrambled Eggs Syrup or Jelly
 Fresh Cantaloupe

Whole Grain Wild Blueberry Bread **31**
 Fresh 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.

Monday

Tuesday

Wednesday

Thursday

Friday

FEBRUARY 28

Cheeseburger on
Whole Grain Bun
Potato Fries
Fresh Apples

Chicken Drumsticks **1**
WG Dinner Roll
Green Beans
Fresh Tangerines

Chicken Patty **2**
Sandwich on WG Bun
Carrots
Bananas

Spanish Rice with **3**
Chicken
Pinto Beans
Fresh Oranges

Spaghetti and **4**
Meatballs
Broccoli
Fresh Pears

Chicken Nuggets **7**
WG Dinner Roll
Baked Beans
Fresh Pears

Macaroni & Cheese **8**
Broccoli and Carrots
Fresh Tangerines

NO SCHOOL **9**

Salisbury Steak **10**
Marinara Sauce
Brown Rice
Mixed Vegetables
Fresh Apples

Turkey Hot Dogs **11**
Hot Dog Roll
(Pre-K: Chicken Tenders & Roll)
Corn
Fresh Oranges

Chicken Patty Sandwich **14**
on WG Bun
Sweet Potatoes
Fresh Oranges

Chicken Alfredo Pasta **15**
Corn
Fresh Bananas

Ground Beef **16**
Spanish Rice
Black Beans
Apple Sauce

Meatloaf with Gravy **17**
Mashed Potatoes
Green Beans
WG Dinner Roll
Fresh Pears

Chicken Drumsticks **18**
WG Dinner Roll
Green PEAS, Carrots &
Broccoli
Fresh Kiwii

Cheeseburger on **21**
Whole Grain Bun
Potato Fries
Fresh Pears

Chicken Taco **22**
Taco Shells
Romaine & Tomato Salad
Fresh Bananas

Chicken Nuggets **23**
Whole Grain Roll
Baked Beans
Fresh Apples

Beef and Bean Chili **24**
Brown Rice
Green Beans
Fresh Orange

Macaroni & Cheese **25**
with Chicken
Broccoli
Fresh Tangerines

Chicken Drumsticks **28**
WG Dinner Roll
Green Beans
Fresh Apples

Chicken Teriyaki **29**
Brown Rice
Corn
Fresh Tangerines

Beef Hot Dogs **30**
WG Hot Dog Roll
(Pre-K: Chicken Tenders & Roll)
Baked Beans
Fresh Bananas

Cheese Pizza **31**
Broccoli
Fresh Pears

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MARCH 2022

VEGETARIAN LUNCH MENU

Monday
FEBRUARY 28

 Vegetarian Patty on
Whole Grain Bun

Potato Fries

Fresh Apples

Tuesday

 Rice with Beans **1**
Green Beans
Fresh Tangerines

Wednesday

 Cheese Quesadilla **2**
Carrots
Bananas

Thursday

 Spanish Rice with **3**
Vegetarian Meat
Pinto Beans
Fresh Oranges

Friday

 Vegetarian Meat **4**
Spaghetti
Broccoli
Fresh Pears

 Vegetarian Patty **7**
WG Dinner Roll
Baked Beans
Fresh Pears

 Macaroni & Cheese **8**
Broccoli and Carrots
Fresh Tangerines

NO SCHOOL **9**

 Rice with **10**
Vegetarian Meat
Mixed Vegetables
Fresh Apples

 Tofu and Vegetable **11**
Quesadilla
Corn
Fresh Oranges

 Vegetarian Patty **14**
on WG Bun
Sweet Potatoes
Fresh Oranges

 Vegetarian Meat **15**
Spaghetti
Corn
Fresh Bananas

 Spanish Rice with **16**
Vegetarian Meat
Black Beans
Apple Sauce

 Rice with Beans **17**
Mashed Potatoes
Green Beans
WG Dinner Roll
Fresh Pears

 Black Bean Patty **18**
WG Dinner Roll
Green PEAS, Carrots &
Broccoli
Fresh Kiwii

 Vegetarian Patty on **21**
Whole Grain Bun
Potato Fries
Fresh Pears

 Vegetarian Meat Taco **22**
Taco Shells
Romaine & Tomato Salad
Fresh Bananas

 Cheese Quesadilla **23**
Baked Beans
Fresh Apples

 Bean and **24**
Vegetable Chili
Brown Rice
Green Beans
Fresh Orange

 Macaroni & Cheese **25**
Broccoli
Fresh Tangerines

 Vegetarian Patty **28**
WG Dinner Roll
Green Beans
Fresh Apples

 Rice with **29**
Vegetarian Meat
Corn
Fresh Tangerines

 Tofu and Vegetable **30**
Quesadilla
Baked Beans
Fresh Bananas

 Cheese Pizza **31**
Broccoli
Fresh Pears

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MARCH 2022 SNACK MENU

TOP SPANISH CATERING, INC

Monday

Tuesday

Wednesday

Thursday

Friday

FEBRUARY 28

GRAHAM CRACKERS
MILK

WG SUNCHIPS
MILK

MOZZARELLA
STRING CHEESE
SLICED APPLES

WG FRUIT NUTRIBARS
MILK

WG FRUIT BREAD
MILK

CHEEZIT CRACKERS
MILK

FAT FREE YOGURT
APPLES

NO SCHOOL

WG PRETZELS
MILK

WG FRUIT BREAD
MILK

GRAHAM CRACKERS
MILK

WG SUNCHIPS
MILK

MOZZARELLA
STRING CHEESE
BABY CARROTS

WG FRUIT NUTRIBARS
MILK

GOLDFISH CRACKERS
MILK

CHEEZIT CRACKERS
100% FRUIT JUICE

SUNBUTTER & JELLY
SANDWICH
MILK

WG SUNCHIPS
MILK

CHEWY GRANOLA BAR
MILK

MOZZARELLA
STRING CHEESE
APPLES

GRAHAM CRACKERS
MILK

WHOLE GRAIN
FRUIT MUFFIN
100% FRUIT JUICE

FAT FREE YOGURT
APPLE

HUMMUS CUP
BABY CARROTS



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