



**Lunch Menu**  
**9-12<sup>th</sup> Grade**  
**February 2023**

Serving Sizes are as follows:

9 – 12<sup>th</sup> Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
<b>January 30</b> <b>Shepherd's Pie (ground beef, mashed potatoes, peas, gravy)</b> California Veg Blend Dinner Roll Fruit Milk <b>Lentil Pie</b>	<b>January 31</b> <b>Chicken Patty</b> WG Sandwich Roll Mixed Vegetables BBQ Sauce Fruit Milk <b>Veggie Burger</b>	<b>February 1</b> <b>Grilled Chicken</b> Romaine Lettuce w/ Parmesan Cheese & Garbanzo Beans WG Dinner Roll Italian Dressing Fruit Milk <b>Edamame</b>	<b>February 2</b> <b>Meatballs in Marinara Sauce w/ Shredded Mozzarella Cheese</b> WG Hoagie Roll Green Beans Fruit Milk <b>Veggie Meatballs</b>	<b>February 3</b> <b>Turkey &amp; Cheese on WW Bread</b> Mayonnaise Carrot Sticks w/ Ranch Fruit Milk <b>Cheese Sandwich</b>
<b>February 6</b> <b>Turkey Sausage String Cheese</b> WG French Toast Breakfast Potatoes Fruit Milk <b>Veggie Sausage</b>	<b>February 7</b> <b>Chicken Broccoli Alfredo</b> Mixed Vegetables Fruit Milk <b>Tofu Broccoli Alfredo</b>  <b>"Alfredo Day"</b>	<b>February 8</b> <b>Turkey &amp; Cheddar Cheese on WW Bread</b> Tomato/Cucumber Salad Mayonnaise Fruit Milk <b>Cheese Sandwich</b>	<b>February 9</b> <b>Pizza Sticks</b> Cooked Carrots Fruit Milk	<b>February 10</b> <b>Taco Beef w/ Shredded Cheddar Cheese</b> WG Tortilla Corn & Black Bean Salad Fruit Milk <b>Bean Burrito</b>
<b>February 13</b> <b>Baked Ziti w/ Ground Beef (WG Pasta w/ tomato sauce and mozz cheese)</b> Mixed Vegetables Fruit Milk <b>Veggie Meatball Parm</b>  <b>"Italian Food Day"</b>	<b>February 14</b> <b>Balsamic Grilled Chicken</b> Brown Rice Green Beans Fruit Milk <b>Balsamic Tofu</b>	<b>February 15</b> <b>Chef Salad (Diced Turkey, Diced Turkey Ham)</b> WG Dinner Roll x2 w/ Butter Ranch Fruit Milk <b>Chic Pea Garden Salad</b>	<b>February 16</b> <b>SW Chicken on WG Flour Tortilla w/ Cheddar Cheese &amp; Salsa Ranch Dressing</b> Carrot Sticks w/ Ranch Garbanzo Beans Fruit Milk <b>Edamame Wrap</b>	<b>February 17</b> <b>Beef BBQ</b> WG Sandwich Roll Baked Potato Fruit Milk <b>Veggie Bean BBQ</b>
<b>February 20</b> <b>Hamburger w/ Cheddar Cheese</b> WG Sandwich Roll Mixed Vegetables Ketchup Fruit Milk <b>Veggie Patty on Wheat Bread</b>	<b>February 21</b> <b>Sweet &amp; Sour Chicken</b> Brown Rice Cooked Carrots Cooked Broccoli Fruit Milk <b>Sweet &amp; Sour Veggie Meat Balls</b>	<b>February 22</b> <b>Turkey Ham &amp; Cheddar Cheese on WW Bread</b> Carrot Sticks w/ Ranch Garbanzo Beans Fruit Mayo Milk <b>Cheese Sandwich</b>	<b>February 23</b> <b>Beef Chili w/ Shredded Cheddar Cheese</b> Biscuit x2 Mashed Potatoes & Peas Fruit Milk <b>Bean Chili</b>  <b>"National Chili Day"</b>	<b>February 24</b> <b>Egg Patty w/ American Cheese</b> English Muffin w/ Butter Breakfast Potatoes Fruit Milk
<b>February 27</b> <b>Mac &amp; Cheese w/ WG Pasta</b> Green Beans Fruit Milk	<b>February 28</b> <b>Swedish Meatballs</b> Brown Rice Peas Fruit Milk <b>Veggie Meatballs</b>	<b>March 1</b> <b>BBQ Chicken &amp; Cheese Wrap on WG Flour Tortilla</b> Carrot Sticks x2 Fruit Milk <b>Tofu BBQ</b>	<b>March 2</b> <b>Turkey &amp; Cheese Sandwich</b> WG Sandwich Roll Fresh Broccoli w/ Ranch Garbanzo Beans Fruit Milk Ranch <b>Cheese Sandwich</b>	<b>March 3</b> <b>WG Chicken Tenders</b> Mashed Potatoes Goldfish Crackers Honey Mustard Fruit Milk <b>Veggie Nuggets</b>

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos