

January 30 - February 3

Elementary School

Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3
choose 1 item	choose 1 item	choose 1 item	choose 1 item	choose 1 item
Baked Chicken & Dinner Roll	Cheese Pizza	Spaghetti w meat sauce	Bbq Pork Riblets	Lasagna w garlic toast
Black Bean Burger	Chicken Fillet on WG Bun	Three Cheese Boat	Breaded Chicken Chunks	Fish Sticks w garlic toast
Nic Nac Chicken Salad	ABC Salad	Turkey Salad	Chef Salad	Chicken Fillet Salad
choose 2 items	choose 2 items	choose 2 items	choose 2 items	choose 2 items
Flame Roasted Potato Medley	Steamed Carrots	Green Beans	Mashed Potatoes w. gravy	Carrots & Celery w dip
Sweet Kernel Corn	Steamed Broccoli	Garden Side Salad	Tomato Cucumber Salad	Green Beans
Chilled Pineapples	Fresh Sliced Apples	Fresh Fruit Cup	Chilled Peaches	Kiwi
Juicy Orange Wedges	Chilled Pears	Mandarin Oranges	Banana	Fruit Cocktail
Banana Bread		Whole Fruit Juice Bar		

Secondary School

Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3
choose 1 item	choose 1 item	choose 1 item	choose 1 item	choose 1 item
Baked Chicken & Dinner Roll	Cheese Pizza	Spaghetti w meat sauce	Bbq Pork Riblets	Lasagna w garlic toast
Black Bean Burger	Chicken Fillet on WG Bun	Three Cheese Boat	Breaded Chicken Chunks	Fish Sticks w garlic toast
Nic Nac Chicken Salad	ABC Salad	Turkey Salad	Chef Salad	Chicken Fillet Salad
Meat Nachos & Cheese Sauce	Hamburger Sliders	Hot Dog on a Bun	Cheese Pizza Dippers	Baked Potato
choose 2 items	choose 2 items	choose 2 items	choose 2 items	choose 2 items
Flame Roasted Potato Medley	Steamed Carrots	Green Beans	Mashed Potatoes w. gravy	Carrots & Celery w dip
Sweet Kernel Corn	Steamed Broccoli	Garden Side Salad	Tomato Cucumber Salad	Green Beans
Chilled Pineapples	Fresh Sliced Apples	Fresh Fruit Cup	Chilled Peaches	Kiwi
Juicy Orange Wedges	Chilled Pears	Mandarin Oranges	Banana	Fruit Cocktail
Banana Bread		Whole Fruit Juice Bar		

*** Some schools offer fewer choices than listed above for various reasons. Please see your cafeteria manager with questions.***

February 6 - February 10

Elementary School

Monday 6	7	Wednesday 8	Thursday 9	Friday 10
choose 1 item	choose 1 item	choose 1 item	choose 1 item	choose 1 item
Hamburger on a bun Meatball Sub Sandwich Veggie Wrap	Turkey & Veggie Egg Roll Chicken Fillet on a Bun Asian Chopped Salad	Philly Cheese Sandwich Turkey Tetrzzini Mexican Chicken Salad	Chicken Sliders Meatball Sub Sandwich Chef Salad	Cheese Omelet Sausage Patty Chicken Fillet Salad
choose 2 items	choose 2 items	choose 2 items	choose 2 items	choose 2 items
Deli Roasters Steamed Broccoli	Mediterranean Vegetable Bl. Green Beans	Baked Beans Steamed Carrots	Sweet Potato Wedges Spinach & Tomato Salad	Deli Roasters Sliced Cucumber w FF dip
Mandarin Oranges Fruit Cocktail	Fresh Sliced Apples Chilled Pineapples	Fresh Fruit cup Applesauce	Chilled Pears Mandarin Oranges	Fruit Cocktail Fresh Seasonal Fruit
	Brown Rice		Italian Pasta Salad	French Toast Sticks

Secondary School

Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
choose 1 item	choose 1 item	choose 1 item	choose 1 item	choose 1 item
Hamburger on a bun Meatball Sub Sandwich Veggie Wrap	Turkey & Veggie Egg Roll Chicken Fillet on a Bun Asian Chopped Salad	Philly Cheese Sandwich Turkey Tetrzzini Mexican Chicken Salad	Chicken Sliders Meatball Sub Sandwich Chef Salad	Cheese Omelet Sausage Patty Chicken Fillet Salad
Chicken Fryz	Orange Chicken Ginger	Hot Dog on a Bun	Turkey Wrap	Cheese Pizza Dippers
choose 2 items	choose 2 items	choose 2 items	choose 2 items	choose 2 items
Deli Roasters Steamed Broccoli	Mediterranean Vegetable Bl. Green Beans	Baked Beans Steamed Carrots	Sweet Potato Wedges Spinach & Tomato Salad	Deli Roasters Sliced Cucumber w FF dip
Mandarin Oranges Fruit Cocktail	Fresh Sliced Apples Chilled Pineapples	Fresh Fruit cup Applesauce	Chilled Pears Mandarin Oranges	Fruit Cocktail Fresh Seasonal Fruit
	Brown Rice		Italian Pasta Salad	French Toast Sticks

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February 13 - February 17

Elementary School

Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
choose 1 item	choose 1 item	choose 1 item	choose 1 item	choose 1 item
Turkey w./ Mashed Potatoes Breaded Chicken Chunks ABC Salad	Soft Taco w/ Cheese Cheese Pizza dippers Nic Nac Salad	Chicken & Mashed Potato Bowl Ham & Cheese Sandwich Grilled Chicken Caesar	Hearty Pasta Bake w. Roll Three Cheese Boat Chicken Tender Wrap	Baked Mozzarella sticks Chicken Alfred w. pasta Tuna Salad
choose 2 items	choose 2 items	choose 2 items	choose 2 items	choose 2 items
Roasted Vegetable Medley Steamed Carrots	Sweet Kernel Corn Steamed Broccoli	Green Beans Montego Bay Veggie Blend	Flame Roasted Potato Medley Cucumber & Carrots w. dipp	Garden Salad Cauliflower & Carrots
Melon Cup Juicy Orange Wedges	Chilled Pears Mandarin Oranges	Chilled Peaches Fresh Apples	Applesauce Banana	Fresh Seasonal Fruit Chilled Peaches
		Whole Fruit Juice Bar		Oatmeal Cookie

Secondary School

Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
choose 1 item	choose 1 item	choose 1 item	choose 1 item	choose 1 item
Turkey w./ Mashed Potatoes Breaded Chicken Chunks ABC Salad	Soft Taco w/ Cheese Cheese Pizza dippers Nic Nac Salad	Chicken & Mashed Potato Bowl Ham & Cheese Sandwich Grilled Chicken Caesar	Hearty Pasta Bake w. Roll Three Cheese Boat Chicken Tender Wrap	Baked Mozzarella sticks Chicken Alfred w. pasta Tuna Salad
Black Bean Burger	Meat Nachos w/cheese sauce	Hot Dog on a Bun	Fish Sticks w. Roll	Baked Potato & Cheese
choose 2 items	choose 2 items	choose 2 items	choose 2 items	choose 2 items
Roasted Vegetable Medley Steamed Carrots	Sweet Kernel Corn Steamed Broccoli	Green Beans Montego Bay Veggie Blend	Flame Roasted Potato Medley Cucumber & Carrots w. dipp	Garden Salad Cauliflower & Carrots
Melon Cup Juicy Orange Wedges	Chilled Pears Mandarin Oranges	Chilled Peaches Fresh Apples	Applesauce Banana	Fresh Seasonal Fruit Chilled Peaches
		Whole Fruit Juice Bar		Oatmeal Cookie

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February 20 - February 24

Elementary School

Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
choose 1 item	choose 1 item	choose 1 item	choose 1 item	choose 1 item
choose 2 items	choose 2 items	choose 2 items	choose 2 items	choose 2 items
CARNIVAL BREAK	CARNIVAL BREAK	CARNIVAL BREAK	CARNIVAL BREAK	CARNIVAL BREAK

Secondary School

Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
choose 1 item	choose 1 item	choose 1 item	choose 1 item	choose 1 item
choose 2 items	choose 2 items	choose 2 items	choose 2 items	choose 2 items
CARNIVAL BREAK	CARNIVAL BREAK	CARNIVAL BREAK	CARNIVAL BREAK	CARNIVAL BREAK

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