

February

PRESCHOOL LUNCH MENU



UNFLAVORED WHOLE MILK 3.25% FAT CONTENT (AGES 1-2)
UNFLAVORED SKIM MILK-0% FAT CONTENT(AGES:2 AND UP)
LACTOSE-FREE MILK 1% (AGES: 2 AND UP)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN AND BROCCOLI ² STEAMED RICE GREEN BEANS APPLE WG DINNER ROLL	CHICKEN MEATBALLS ³ MASHED POTATOES BRUSSEL SPROUTS BANANA WG WHEAT BREAD	MACARONI & CHEESE ⁴ GREEN PEAS ORANGE WG WHEAT BREAD	BEEF TACOS ⁵ SHREDDED CHEDDAR CHEESE SPANISH RICE DICED CARROTS PEARS WG SOFT FLOUR TORTILLA	CHICKEN PARMESAN- NOODLES CAULIFLOWER MELON MIX ⁶
CHEESY POTATO- MEATLOAF CASSEROLE ⁹ DICED CARROTS APPLE WG DINNER ROLL	TERYAKI CHICKEN MEATBALLS ¹⁰ STEAMED RICE GREEN BEANS BANANA WG WHEAT BREAD	CHICKEN TACO ¹¹ SHREDDED CHEDDAR CHEESE REFRIED BEANS BROCCOLI ORANGE WG SOFT FLOUR TORTILLA	VEGETARIAN BEAN CHILI ¹² ROTINI PASTA GREEN PEAS PEAR WG CORN BREAD	CHEESE RAVIOLI ¹³ BRUSSEL SPROUTS MELON MIX WG WHEAT BREAD
¹⁶ CLOSED	CHICKEN ALFREDO ¹⁷ ROTINI PASTA SAUTEED CABBAGE BANANA WG WHEAT BREAD	CHEESY BEEF TACO RICE ¹⁸ WG CORN ORANGE WG CORN TORTILLA CHIPS	MACARONI & CHEESE ¹⁹ DICED CARROTS PEAR WG WHEAT BREAD	BBQ PULLED CHICKEN ²⁰ RAINBOW POTATOES GREEN BEANS MELON MIX WG BUN
ZITI PASTA W/CHICKEN ²³ BRUSSEL SPROUTS APPLE WG DINNER ROLL	BEEFY MEAT SAUCE ²⁴ SPAGHETTI NOODLES BROCCOLI BANANA WG WHEAT BREAD	TURKEY & COUNTRY GRAVY ²⁵ MASHED POTATOES GREEN BEANS ORANGE WG WHEAT BREAD	CHEESY CHICKEN FAJITA- ²⁶ SKILLET SPANISH RICE CAULIFLOWER PEAR WG SOFT FLOUR TORTILLA	²⁷ CLOSED

OUR CHICKEN & BEEF ARE 100% NATURAL, NO ARTIFICIAL INGREDIENTS, NO ARTIFICIAL COLORS, NO PRESERVATIVES.

MENU PROVIDED BY QUALITY CATERING APPROVED BY RANA AHMAD, MS RDN LDN

MENUS ARE SUBJECT TO CHANGE

*MILK IS SERVED DAILY WITH BREAKFAST & LUNCH

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