



February 2023 – Lunch & Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	2 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	3 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
6 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	7 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	8 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	9 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit	10 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
13 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	14 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	15 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	16 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla* Green Beans Fresh fruit	17 (V) Lasagna Tossed salad Fresh fruit
20 WMG CLOSED FOR PRESIDENT'S DAY	21 Whole wheat ziti with chicken* (V) Lentil penne & tomato sauce w/ soy*#^ Grated cheese Tossed salad Fresh fruit	22 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	23 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	24 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
27 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	28 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit		Age-appropriate milk must be served with lunch	Fresh fruits include but are not limited to apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider

(V) Vegetarian meal

***Whole grain**

****Salad/Coleslaw menu items are substituted with steam vegetables for 35 months & younger****

#Gluten free

^Vegan