

Harvest of the month: February 2024



				Thursday 2/1/24	Friday 2/2/24
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk				WHOLE GRAIN FRENCH TOAST FRUIT SALAD *MILK	ENRICHED GRITS CHEESY TATOR TOTS *MILK
	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk				SWEDISH BEEF MEATBALLS WHOLE WHEAT SUB ROLL BAKED APPLES MIXED VEGETABLES *MILK	SLICED TURKEY SUB ENRICHED FRENCH BREAD PINEAPPLE RINGS BROCCOLI *MILK
	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk				ENRICHED PRETZELS PLUMS WATER	BOILED EGG HALVES FRESH TOMATOES WATER
	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
TWO COMPONENTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk				CHICKEN & EGG NOODLE SOUP CHICKEN BREAST ENRICHED EGG NOODLE PEACHES TOSSED SALAD *MILK	(HM) EXTRA CHEESE PIZZA WHOLE WHEAT CRUST PEAR HALVES CARROT STICKS * MILK
	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
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	Monday 2/5/24	Tuesday 2/6/24	Wednesday 2/7/24	Thursday 2/8/24	Friday 2/9/24
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED EGG BISCUIT SAUSAGE W/ GRAVY HONEYDEW MELON *MILK	WHOLE GRAIN FRENCH TOAST CINNAMON APPLESAUCE *MILK	WHOLE WHEAT PANCAKES RASPBERRIES *MILK	ENRICHED CROISSANT WARM PEACHES *MILK	ENRICHED CINNAMON PANCAKES BANANAS *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN NUGGETS WHOLE WHEAT ROLL SWEET POTATO FRIES STEAMED CORN *MILK	BLACK BEAN BURGER WHOLE WHEAT BUN APRICOTS ROASTED CAULIFLOWER *MILK	NATIONAL FETTUCCINE ALFREDO DAY BAKED CHICKEN ENRICHED FETTUCCINE GREEN APPLE SLICES BROCCOLI * MILK	BEEF STIR FRY WHOLE GRAIN NOODLES RASPBERRIES BABY CARROTS *MILK	VEGAN BREAKFAST TACOS SCRAMBLED TOFU W/SALSA WHOLE WHEAT TORTILLA CUTIE ORANGES ZUCCHINI STRIPS *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN CHIPS PLUMS WATER	CHEESE QUESADILLA WHOLE WHEAT QUESADILLA STRAWBERRIES WATER	WHOLE GRAIN RICE CAKES TROPICAL FRUIT SALAD WATER	ENRICHED ANIMAL CRACKERS CELERY STICKS WATER	HUMMUS & CUCUMBER SANDWICH HUMMUS WHOLE WHEAT BREAD CUCUMBERS WATER
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HOMEMADE MACARONI & CHEESE WHOLE WHEAT MACARONI BLUEBERRIES SAUTEED COLLARD GREENS *MILK	ROTISSERIE CHICKEN WHOLE WHEAT ROLL PEACHES SAUTEED SPINACH * MILK	SALISBURY STEAK BROWN RICE W/ GRAVY APRICOT HALVES ROASTED SQUASH * MILK	GARLIC SHRIMP HAWAIIAN BREAD ROLL PINEAPPLE CHUNKS SAUTEED GREEN BEANS *MILK	OODLE OF NOODLE PASTA BAKED CHICKEN WHOLE WHEAT PENNE PASTA BAKED TOMATOES SWEET PEAS * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
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	Monday 2/12/24	Tuesday 2/13/24	♥ Wednesday 2/14/24 ♥	Thursday 2/15/24	Friday 2/16/24
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	OATMEAL MONDAY ENRICHED OATMEAL RASPBERRIES *MILK	ENRICHED SAUSAGE BISCUIT PEACHES *MILK	WHOLE WHEAT PANCAKES BANANAS & STRAWBERRIES *MILK 	ENRICHED GRITS APRICOT HALVES *MILK	MULTI GRAIN WAFFLE FRUIT COCKTAIL *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	FISH FILLET MULTI GRAIN BUN TANGERINE PEAS & CARROTS *MILK	TURKEY BURGER MULTI GRAIN BUN HONEY DEW MELON FRENCH FRIES *MILK	GRILLED EXTRA CHEESE SANDWICH WHOLE WHEAT BREAD SLICED KIWI TOMATO BISQUE SOUP * MILK	HAM & CHEESE SUB ENRICHED HAWAIIAN ROLL PEAR HALVES CARROT STICKS *MILK	HOMEMADE MAC-N-CHEESE WHOLE WHEAT SPIRAL NOODLES STRAWBERRIES ROASTED BRUSSEL SPROUTS *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED MUFFIN CANTALOUPE SHAPES (CUT INTO FUN SHAPES) WATER	WHOLE GRAIN CHIPS FRESH PICO DE GALLO WATER	FRUIT & NUT BUTTER PITA POCKET ENRICHED PITA POCKETS APPLES/PEANUT/WOW/SOY BUTTER (RECIPE IN LINK) WATER	ENRICHED SALTINE CRACKERS CURRIED TUNA SALAD WATER	ENRICHED OYSTER CRACKERS SPLIT PEA SOUP WATER
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	STUFFED BELL PEPPERS W/ GROUND TURKEY & BROWN RICE HONEYDEW MELON LIMA BEANS *MILK	CHICKEN NUGGETS ENRICHED CORNBREAD STRAWBERRIES STEAMED ZUCCHINI * MILK	HOT TURKEY & SWISS SUB WHOLE WHEAT SUB ROLL ORANGES TATER TOTS * MILK	FISH STICKS WHOLE WHEAT BREAD STICKS PEACHES ROASTED CABBAGE *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
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	Monday 2/19/24	Tuesday 2/20/24	Wednesday 2/21/24	Thursday 2/22/24	Friday 2/23/24
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT WAFFLE STICKS TATER TOTS *MILK	MULTI GRAIN CHEERIOS BANANA *MILK	WHOLE WHEAT MINI BAGEL SAUSAGE LINKS STRAWBERRIES *MILK	MULTIGRAIN CHEX SLICED PLUMS *MILK	NATIONAL BANANA BREAD DAY BANANA BREAD RECIPE ENRICHED BANANA BREAD FRUIT SALAD *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BLACK BEAN & SPINACH WRAP WHOLE GRAIN TORTILLA FRUIT COCKTAIL BAKED CAULIFLOWER *MILK	TUNA & CHEESE SUB WHOLE WHEAT SUB ROLL ORANGE SMILES GRILLED TOMATOES *MILK	GRILLED CHICKEN TENDERS WHOLE WHEAT ROLL RASPBERRIES ROASTED BROCCOLI * MILK	LENTIL BEANS WHOLE GRAIN ROLL PINEAPPLE TOSSED SALAD *MILK	SAVORY CHICKEN SALAD MUTLI GRAIN CRACKERS PEARS PEAS & CARROTS *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE GRAIN CRACKERS VEGETABLE SOUP WATER	FRUIT PIZZA (WG BAGEL, LF CREAM CHEESE) BLUEBERRIES & APRICOT WATER	ENRICHED PRETZELS ROASTED HUMMUS DIP WATER	WHOLE GRAIN CHEEZ-ITS HONEYDEW MELON WATER	WHOLE WHEAT SANDWICH THINS CHERRY TOMATOES WATER
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BBQ PULLED PORK ENRICHED TEXAS TOAST PEACHES ROASTED CABBAGE *MILK	PHILLY CHEESE STEAK WHOLE WHEAT SUB ROLL FRUIT COCKTAIL PARMESEAN FRENCH FRIES * MILK	XTRA CHEESE RAVIOLI WHOLE WHEAT RAVIOLI GROOVY GRAPES MIXED VEGETABLES * MILK	NATIONAL COOK A SWEET POTATO DAY ROTISSERIE CHICKEN WHOLE WHEAT BREADSTICKS SLICED KIWI BAKED SWEET POTATO *MILK	REFRIED BEANS WHOLE GRAIN NACHOS BLUEBERRIES VEGGIE SALSA * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
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	Monday 2/26/24	Tuesday 2/27/24	Wednesday 2/28/24	Thursday 2/29/24	
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	NATIONAL PANCAKE DAY ENRICHED MINI PANCAKES WARMED APRICOTS *MILK	WHOLE GRAIN BAGEL WARMED PEACHES *MILK	ENRICHED OATMEAL RASPBERRIES *MILK	MULTI GRAIN WAFFLE BLUEBERRIES *MILK	
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BBQ CHICKEN PIZZA WHOLE WHEAT PIZZA CRUST PLUMS TRI COLOR COLESLAW *MILK	PEANUT/WOW/SOY BUTTER WHOLE WHEAT BREAD RASPBERRIES TOSSED SALAD *MILK	XTRA CHEESE VEGGIE FLATBREAD WHOLE GRAIN FLATBREAD SWEET PEPPERS BROCCOLI * MILK	NATIONAL CHILI DAY CHILI MAC W/GROUND TURKEY WHOLE WHEAT BREADSTICK DICED PEARS CORN ON THE COB *MILK	
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	FISH SWIMMING IN SOUP WHOLE WHEAT GOLDFISH TOMATO SOUP WATER	WHOLE WHEAT CHEX 100% BERRY JUICE WATER	WHOLE WHEAT RAISIN TOAST APPLESAUCE WATER	ENRICHED ANIMAL CRACKERS WATERMELON SLICES WATER	
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	FISH FILLET MULTI GRAIN BUN WATERMELON STRIPS BABY CARROTS *MILK	STEAK BURRITO BOWL WHOLE GRAIN BROWN RICE CANTALOUPE HOMEMADE PICO DE GALLO * MILK	BREAKFAST FOR DINNER TURKEY SAUSAGE MULTI GRAIN TOAST APRICOT HASHBROWNS * MILK	BAKED CHICKEN WHOLE GRAIN NOODLES SLICED GRAPES CALI BLEND VEGETABLES *MILK	
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>
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