

FEBRUARY LEAP MENU

				FRIDAY 2/1
				Supreme or Cheese Whole Grain Pizza with Homemade Sauce Oven Fried Mozzarella Sticks with Marinara Tossed Salad with Low Fat Dressing, Garlic Breadsticks Fresh Hand Fruit and Pears 1% Milk or FF Chocolate Milk
MONDAY 2/4	TUESDAY 2/5	WEDNESDAY 2/6	THURSDAY 2/7	FRIDAY 2/8
Baked Chicken Wings with Dipping Sauces Chili Cheese Dog on a Whole Grain Bun Onion Rings, Buttered Corn on the Cob, Carrots and Celery Sticks Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk	Roasted Turkey Breast with Herb Stuffing, Cranberry Sauce, and Gravy Sloppy Joe Sandwich on a Whole Grain Roll Mashed Loaded Sweet Potatoes, Green Bean Casserole Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk	Beef Lasagna with Marinara Sauce and a Whole Grain Roll Chicken Patty and Cheese Sandwich on a Whole Grain Bun Steamed Mixed Vegetables, Sweet Tater Tots Fresh Hand Fruit and Apple Sauce 1% Milk or FF Chocolate Milk	Jamaican Jerk Chicken with Spiced Tropical Fruit Veggie and Bean Grilled Burrito Sautéed Plantains, Yellow Rice, Sweet Sopapillas Fresh Hand Fruit and Diced Peaches 1% Milk or FF Chocolate Milk	Meat Lovers Pizza or Cheese Whole Grain Pizza with Homemade Sauce Classic Philly Cheesesteak with Sautéed Onions and Cheese Whiz on a Whole Grain Bun Chef Salad, Seasoned Steamed Carrots Fresh Hand Fruit, Fresh Fruit Salad 1% Milk or FF Chocolate Milk
MONDAY 2/11	TUESDAY 2/12	WEDNESDAY 2/13	THURSDAY 2/14	FRIDAY 2/15
Spaghetti and Meatballs with Whole Grain Pasta and Marinara Veggie Lovers Flatbread Steamed Broccoli, Classic Caesar Salad Fresh Hand Fruit and Fresh Cantaloupe 1% Milk or FF Chocolate Milk	Oven Fried Chicken and Waffles with Sugar Free Syrup Grilled Cheese on Texas Toast Southern Greens, Garlic Herb Twice Baked Potatoes Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk	Beef Stroganoff over Egg Noodles Corn Dog with Honey Mustard Seasoned Peas, Tater Tots Fresh Hand Fruit and Diced Peas 1% Milk or FF Chocolate Milk	Chicken Cordon Bleu Fish Sandwich on a Whole Grain Bun topped with American Cheese and Old Bay Cole Slaw Pesto Parmesan Risotto, Roasted Vegetable Medley Fresh Hand Fruit and Fresh Fruit Salad 1% Milk or FF Chocolate Milk	Veggie Lovers Pizza or Cheese Whole Grain Pizza with Homemade Sauce Chicken Parmesan Sub on a Whole Grain Roll Spinach Salad, Steamed Broccoli Fresh Hand Fruit, Fresh Fruit Salad 1% Milk or FF Chocolate Milk
MONDAY 2/18	TUESDAY 2/19	WEDNESDAY 2/20	THURSDAY 2/21	FRIDAY 2/22
<u>No School</u>	Ground Beef Hard Tacos with Lettuce, Tomato, and Shredded Cheese Veggie Quesadilla with Sour Cream and Salsa Refried Beans, Spanish Rice Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk	Whole Grain Chicken Tenders with Dipping Sauce Grilled Cheeseburger on a Whole Grain Bun Crispy Waffle Fries, Mixed Vegetables Fresh Hand Fruit and Applesauce 1% Milk or FF Chocolate Milk	German Beef Rouladen Kielbasa with Sauerkraut Potato Cheddar Pierogies with Sour Cream Steamed Mixed Vegetables Fresh Hand Fruit and Fresh Fruit Salad 1% Milk or FF Chocolate Milk	Barbecue Chicken or Cheese Whole Grain Pizza Cheese Ravioli with Marinara Steamed Broccoli, Fresh Fruit Salad, Classic Caesar Salad Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk
MONDAY 2/25	TUESDAY 2/26	WEDNESDAY 2/27	THURSDAY 2/28	FRIDAY 3/1
Barbecue Chicken Baked Macaroni and Cheese Baked Sweet Potato Waffle Fries, Barbecue Baked Beans, Green Beans, Fresh Hand Fruit and Diced Peas 1% Milk or FF Chocolate Milk	Thai Barbecue Glazed Salmon Vegetable Egg Rolls with Sweet Garlic Chili Dipping Sauce Vegetable Fried Rice, Steamed Broccoli Fresh Hand Fruit and Mandarin Oranges 1% Milk or FF Chocolate Milk	Chicken Broccoli Alfredo Meatball Sub on a Whole Grain Roll Steamed Green Beans, Garlic Bread Fresh Hand Fruit and Apple Sauce 1% Milk or FF Chocolate Milk	French Toast and Scrambled Eggs with Turkey Sausage Patties Maryland Crab Pretzel Baked Hash Browns, Fresh Fruit Salad Fresh Hand Fruit and Cut Pineapple 1% Milk or FF Chocolate Milk	Pepperoni or Cheese Whole Grain Pizza Italian Cold Cut Panini Cobb Salad, Steamed Mixed Vegetables Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk