

Lunch

WG – Whole Grain

February 2021

WW – Whole Wheat WG – Whole Grain



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup	Spinach and Cheese Ravioli w/ Marinara Sauce Garlic Bread Pear Slices Milk and Water	Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk and Water	(WW) Grilled Cheese Carrot Sticks Apple Slices Milk and Water	Chicken Flautas Mexican Rice With Corn Mixed Fruit Milk and Water	Chicken Nuggets Potato Wedges Carrots Orange Slices Milk and Water	Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup
7	8	9	10	11	12	13
Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup	WG Fettuccini Alfredo With Chicken Mixed Vegetables Fruit Cocktail Milk and Water	BBQ chicken Steamed Rice Broccoli Apples Slices Milk and Water	Sloppy Joes On a Bun(WW) Steamed Green Beans Apple Slices Milk and Water	(WW) Cheese Quesadillas Spanish Rice Mixed Vegetables Fruit Cocktail Milk and Water	Chicken Dumplings Fried Vegetable Rice Steamed Broccoli Fortune Cookies Milk and Water	Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup
14	15	16	17	18	19	20
Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup	Presidents' Day School Closed	Teriyaki Chicken Steamed Rice Broccoli Mandarin Oranges Milk and Water	Chicken Tenders Mashed Potatoes Peas Bananas Milk and Water	(WW) Cheese & Bean Burritos Mexican Rice Steamed Green Beans Peach Slices Milk and Water	Turkey & Cheese Sandwiches (WW) Carrots with Ranch Dressing Pineapple Chunks Milk and Water	Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup
21	22	23	24	25	26	27
Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup	(WG) Baked Ziti with Mozzarella & Marinara Sauce Green Beans Garlic Bread Milk and Water	Chicken Stir Fry Noodles Broccoli Mandarin Oranges Milk and Water	(WG) Cheese Macaroni Steamed Peas Apple Slices Milk and Water	(WW) Soft Chicken Tacos Spanish Rice Steamed Green Beans Peach Slices Milk and Water	(WW) Chicken Burgers Potato Wedges Carrot Sticks Banana Milk and Water	Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup
28						
Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup						Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup

