

February 2023

LUNCH MENU

		02/01 V GF DF Vegetable Fried Rice Fruit Milk	02/02 EF Chicken Alfredo with Penne Fruit and Vegetable Milk	02/03 GF EF DF Hearty Beef Stew with potatoes and carrots Fruit and Bread Milk
02/06 EF V Cheese Pizza Fruit and Vegetable Milk (GF Available)	02/07 GF DF EF Corn Beef Hash with veggies Fruit and Milk	02/08 V EF Veggie Quesadillas with Tomatillo Salsa Fruit and Vegetable Milk	02/09 EF Pizza Bagels with Italian sausage and mozzarella Fruit and Vegetable Milk	02/10 DF EF V Tomato Soup with cheesy focaccia Fruit and Milk
02/13 EF V Cheese Pizza Fruit and Vegetable Milk (GF Available)	02/14 DF V Steel Cut Oatmeal with fruit, yogurt and granola Vegetable (Milk Available)	02/15 100 th Day Chicken Parmesan Fruit Vegetable Milk	02/16 GF EF Crunchy Beef Taco Bar (lettuce, cheese, sour cream, salsa) Fruit and Vegetable Milk	02/17 No School Staff Records Day
02/20 No School President's Day	02/21 EF V (mardi gras) Cheese Pizza Fruit and Vegetable Milk (GF Available)	02/22 EF V Baked Chickpeas with pita chips, tomato cucumber relish and lemon tahini yogurt Fruit Milk	02/23 EF V GF DF Kenyan Black Beans in Coconut Sauce with Rice Fruit and Vegetable Milk	02/24 EF DF Chicken Noodle Soup Fruit and Bread Milk

<p>02/27 EF V</p> <p>Cheese Pizza</p> <p>Fruit and vegetable</p> <p>Milk</p> <p>(GF Available)</p>	<p>02/28 V</p> <p>Egg, cheese and bean breakfast burritos</p> <p>Fruit and vegetable Milk</p>			
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Local Farms & businesses: Brown's Orchards, Moomer's, Gallagher's, Providence Farm, Cherry Capital Foods, and That'sa Pizza.

Vegetarian: V
 Entrée Dairy Free: DF
 Entrée Gluten Free: GF