

February 3 - February 28

**BADR
Lunch**

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 W/G Chicken Fingers -3 Corn - 3/4c Cherry Craisins - 1/2c Wheat Dinner Roll - 1 Milk-8 oz.	4 BBQ Beef Riblet on Wheat Hamburger Bun - 1 Diced Carrots - 1c Fresh Apple - 1 Milk-8 oz.	5 Chicken Burger on Wheat Hamburger Bun-1 bean salad cup Fresh Banana -1 Milk - 8oz.	6 Beef Meatloaf w/ Ketchup-3oz Mixed Vegetables-3/4c Fresh Apple - 1 Whole Grain Bread - 1 Milk-8 oz.	7 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1 1/2 c. Fresh Orange-1 Milk-8 oz.
10 W/G Pizza Crunchers-4 Kidney Beans - 3/4c Orange Craisins - 1/2c. Milk-8 oz.	11 Cavatappi Pasta & Broccoli w/ Alfredo Sauce-3oz Fresh Apple - 1 Wheat Dinner Roll-1 Milk-8 oz.	12 Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops-1 refried beans Fresh Banana -1 Milk-8oz.	13 chicken nuggets French Fries - 3/4c. Fresh Apple - 1 Whole Grain Bread - 1 Milk-8 oz.	14 school closed
17 French Toast Sticks-3 Turkey Sausage Links-3 Cold Corn Cup -3/4c. Strawberry Craisins - 1/2c. Milk-8 oz.	18 Turkey on W/G Potato Bun-1 Fresh Baby Carrots w/ Dip-1c Fresh Apple - 1 Milk-8 oz.	19 Basil & Mozzarella Chicken Meatballs on Wheat Sub-1 Mixed Vegetables - 3/4c Diced Pear Cup - 1/2c. Milk-8oz.	20 Cavatappi Pasta & Broccoli w/ Alfredo Sauce-3oz Fresh Apple - 1 Wheat Dinner Roll-1 Milk-8 oz.	21 Whole Wheat 3x5 Cheese Pizza-2 3 Bean Salad Cup-3/4c Fresh Orange-1 Milk-8 oz.
24 Macaroni & Cheese -6oz Mixed Vegetables-3/4c Cherry Craisins - 1/2c. Whole Grain Bread - 1 Milk-8 oz.	25 W/G Fiesta Beef & Cheese Wrap-1 Fresh Baby Carrots w/ Dip-1c Fresh Pear - 1 Milk-8 oz.	26 Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops - 1 Black Bean & Corn Cup - 3/4c Fresh Banana -1 Milk-8oz.	27 Grilled BBQ Chicken Fillet on W/W Bun-1 Tater Tots-3/4c Mixed Fruit Cup - 1/2c Milk-8 oz.	28 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1 1/2 c. Fresh Orange-1 Milk-8 oz.
				MIXED FRUIT CUP CONTAINS THE FOLLOWING: (Peaches,Pears, and Pineapple) MIXED VEGETABLES CONTAIN THE FOLLOWING: Peas,Carrots,Corn,Green Beans

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Spaghetti & Turkey Meatballs-5 oz. Peas-1/2 c. Banana-1 Italian Bread-1 Milk-8 oz.	Turkey & Cheese Sub-3 oz. Fresh Baby Carrots-1/2c. Apple-1 Potato Chips-1/2 oz. Milk-8 oz.	Cheese Pizza w/ Extra Cheese-5 oz. Tossed Salad w/Dressing-1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
3 Peach Applesauce Cup - 1/2c Orange Tangerine Juice-4oz Kix Cereal - 1oz W/G Scooby Snacks-1 Milk-8 oz.	4 Fresh Pear - 1 cheerios W/G Graham Crackers -1 Milk-8 oz.	5 Diced Peach Cup - 1/2c 100% Grape Juice - 4oz. W/G White Bagel with Cream Cheese - 1 Milk-8 oz.	6 Mixed Fruit Cup -1/2c Orange Tangerine Juice - 4oz. chocolate loaf Milk-8 oz.	7 Fresh Pear - 1 W/G Superdonut - 1 Milk-8 oz.
10 Pineapple Cup - 1/2c 100% Apple Juice- 4oz.. W/G Special K Cereal-1oz. W/G Graham Crackers -1 Milk-8 oz.	11 Peach Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Corn Flakes Cereal - 1oz. W/G Vanilla Bear Grahams-1 Milk-8 oz.	12 Mandarin Orange Cup - 1/2c 100% OrangeTangerine Juice-4oz. W/G Corn Chex Cereal -1oz. W/G Apple Cinnamon Muffin-2oz Milk-8 oz.	13 Fresh Orange - 1 W/G Honey Scooters Cereal -1oz. W/G Chocolate Loaf - 2oz. Milk-8 oz.	14 school closed
17 Fresh Apple-1 W/G Fruit Loops Cereal-1 oz. W/G Blueberry Muffin-2oz. Milk-8 oz.	18 Fresh Pear - 1 W/G Toasted Oats Cereal -1oz. W/G Chocolate Tiger Bites - 1 Milk-8 oz.	19 Fresh Orange-1 W/G Cinnamon Raisin Bagel w/ Cream Cheese - 1 Milk-8 oz.	20 Diced Peach Cup - 1/2c 100% Strawberry Kiwi Juice-4oz. W/G Krispy Rice Cereal -1oz. W/G Corn Muffin- 2oz. Milk-8 oz.	21 Mixed Fruit Cup -1/2c 100% Apple Juice - 4oz. W/G Corn Chex Cereal -1oz. W/G Banana Muffin -2oz. Milk-8 oz.
24 Peach Applesauce Cup - 1/2c 100% Grape Juice - 4oz. W/G Corn Flakes Cereal -1oz. W/G Scooby Snacks-1 Milk-8 oz.	25 Fresh Orange-1 W/G Superdonut - 1 Milk-8 oz.	26 Applesauce Cup - 1/2c. Grape Juice - 4oz. W/G Multigrain Cheerios-1oz W/G Corn Muffin -2oz. Milk-8 oz.	27 Fresh Apple -1 corn flakes Cereal - 1oz. W/G Bran Muffin -2oz. Milk-8 oz.	28 Diced Pear Cup - 1/2c. 100% Strawberry Kiwi Juice -4oz. Kix Cereal - 1oz W/G Chocolate Loaf - 2oz Milk-8 oz.