Options Menu
The Child Nutrition Department plays a critical role in establishing a healthy school nutrition environment to promote optimum health. Our Child Nutrition employees follows essential worker protocols set by the CDC

| Monday, Feb 26 ${ }^{\text {th }}$ | Tuesday, Feb $27{ }^{\text {th }}$ | Wednesday, Feb 28th | Thursday, Feb 29th | Friday, March $1^{\text {nd }}$ |
| :---: | :---: | :---: | :---: | :---: |
| 1. Pizza See List <br> 2. Sub Station See List <br> Pineapple 16.6 g | 1. Chicken Drumsticks 5.8g, Mashed Potatoes 18g/gravy 3g WW Roll 25g <br> 2. Hamburger $28 \mathrm{~g} /$ cheeseburger 29 g , Carrots8g <br> Rosy Applesauce 14.9g | 1. Chef's corner <br> 2. Chef's choice <br> Peaches 18.1g | 1. Spaghetti w/ Italian sausage 7.8 g , spaghetti 32 g , garlic Bread 15.6g <br> 2. Pork rib sandwich 35 g <br> Baked beans 36.2 g <br> Pears 18.9g | Virtual Day |
| Monday, March $4^{\text {th }}$ | Tuesday, March $5^{\text {th }}$ | Wednesday, March 6 ${ }^{\text {th }}$ | Thursday, March $7^{\text {th }}$ | Friday, March 8th |
| 1. Pizza See List <br> 2. Honey Sriracha chicken 35.4 g , <br> Midori veg 9.3g <br> Brown rice 35 g <br> Pineapple 16.6 g | 1. Chicken Wings 1.7 g , Hot roll 25.5 g , carrots/celery sticks 4.2 g <br> 2. Taco Stick32.2g, Mexican rice 19.8g <br> Mixed Fruit 17.8g | 1. Popcorn chicken 15 g , fries 20.2 g , roll <br> 2. Burrito, 30.6 g churro beans 28.6 g <br> Grapes 7.9g | 1. Mac \& Cheese 26.5 g , cowboy bread 28.9 g <br> 2. Hot dog 62 g , waffle fries 22.5 g Banana 27g | 1. Chicken fried steak sandwich 42g, tots 14.1 g <br> 2. stuffed pepperoni sandwich 32.1 g <br> Black-eyed Peas 32.1g <br> Mandarin Oranges 20.1g |
| Monday, March 11 ${ }^{\text {th }}$ | Tuesday, March 12 ${ }^{\text {th }}$ | Wednesday, March 13 ${ }^{\text {th }}$ | Thursday, March 14 ${ }^{\text {th }}$ | Friday, March 15th |
| 1. Pizza See List <br> Side salad <br> 2. Sub Station See List <br> Rosy Applesauce 14.9g | 1. Salisbury steak 4.1g Mashed <br> Potatoes 18.2 g / brown gravy 3.3 g <br> WW Roll 25.5 g <br> 2. chicken Schnitzel 30g <br> Tots 14.1 g <br> Carrots 8.7 g <br> Pineapple 16.6 g | 1 Walking Nachos 32.1g, black beans 22.6 g <br> 2. BBQ beef sandwich 36.7 g spiral fries 16.9g <br> Pears 19g | 1. Chicken Parm 16.5g Spaghetti 42.9g garlic bread 15.6 g Salad 1.8 g <br> 2. pretzel burger 30 g <br> crinkle fries 15.4 g <br> Mixed fruit 17.8g | No <br> School |
| Monday, March 18 ${ }^{\text {th }}$ | Tuesday, March 19 ${ }^{\text {th }}$ | Wednesday, March 20 ${ }^{\text {th }}$ | Thursday, March 21 ${ }^{\text {th }}$ | Friday, March 23th |
| No School | No School | No School | No School | No School |
| Monday, March $25^{\text {th }}$ | Tuesday, March $26{ }^{\text {th }}$ | Wednesday, March 27 ${ }^{\text {th }}$ | Thursday, March 28 ${ }^{\text {th }}$ | Friday, March 29th |
| 1. Pizza See List <br> 2. Sub Station See List Pineapple 16.6 g | 1. Chicken Drumsticks 5.8g Mashed Potatoes $18 \mathrm{~g} / \mathrm{gravy} 3 \mathrm{~g}$ WW Roll 25 g <br> 2. Hamburger $28 \mathrm{~g} /$ cheeseburger 29g, Carrots8g | 1. Chef's corner <br> 2. Chef's choice <br> Peaches 18.1g | 1. Spaghetti w/ Italian sausage 7.8 g , spaghetti 32 g , garlic Bread 15.6g <br> 2. Pork rib sandwich 35 g <br> Baked beans 36.2 g <br> Pears 18.9g | 1. Chicken fried steak sandwich 42g, tots 14.1 g <br> 2. Chef Choice <br> Black-eyed Peas 32.1g <br> Mandarin Oranges 20.1g |

This institution is an equal opportunity provider and employer

## Options Menu

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- Student must choose 3 food groups, one being fruit or veggie to qualify for reimbursable meal per federal guidelines. A Variety of fruits and veggies served daily. Salad, baby carrots and broccoli offered most days.
- Carb Counts are listed in blue.
- Menus subject to change without notice due to item availability and utilization at each school site.

