

**February SFSP K-12 Hybrid Combo A Lunch Menu (with options for In-School (Hot, Hot Vegetarian & Cold) & Virtual (Cold Distant Bundle))**

|           | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|-----------|--|---|--|--|---|
| Hot Lunch | <b>1</b><br><b>Juicy Mozzarella Burger</b><br>WG Bun & Ketchup<br>Cool Ranch Doritos<br>Steamed Sweet Corn<br>Fruit of the Day / Milk (OVS)        | <b>2</b><br><b>Golden Chicken Tenders</b><br>Ranch Dip<br>Mini Goldfish Crackers<br>Steamed Green Beans<br>Fruit of the Day / Milk (OVS)  | <b>3</b><br><b>Cheesy Quesadilla</b><br>Steamed Corn<br>Fruit of the Day<br>Elf Grahams<br>Milk (OVS)  | <b>4</b><br><b>Sesame Chicken</b><br>Steamed Rice<br>Crisp Celery Sticks<br>Fruit of the Day<br>Milk (OVS)         | <b>5</b><br><b>Enchilada Pasta</b><br>Fresh Cilantro<br>Caesar Salad w/ Caesar Dressing<br>Fruit of the Day<br>Milk (OVS) |
| Week I    |  |   |  |  |   |
| Hot Lunch | <b>8</b><br><b>Golden Chicken Patty Sandwich</b><br>WG Bun & Ketchup<br>Baked Cheetos<br>Steamed Mixed Vegetables<br>Fruit of the Day / Milk (OVS) | <b>9</b><br><b>Beef Taco Pasta Bake</b><br>Penne Pasta, Seasoned Beef<br>Shredded Cheese & Cilantro<br>Steamed Sweet Corn<br>Fruit of the Day / Milk (OVS)                            | <b>10</b><br><b>Build Your Own TexMex Meatball Wrap</b><br>Southwest Seasoned Meatballs<br>WG Tortilla, Shredded Cheese<br>Sour Cream & Cholula, Shredd Lettuce<br>Fruit of the Day / Milk (OVS) | <b>11</b><br><b>Brunch Lunch</b><br>French Toast Sticks & Syrup<br>100% V Juice<br>Fruit of the Day<br>Milk (OVS)  | <b>12</b><br><b>Chicken &amp; Potato Pilaf</b><br>Steamed Green Beans<br>Fruit of the Day<br>Milk (OVS)                   |
| Week II   |  |   |  |  |   |
| Hot Lunch | <b>15</b><br><b>Mongolian Meatballs</b><br>Steamed Rice<br>Baby Carrots & Ranch<br>Fruit of the Day<br>Milk (OVS)                                  | <b>16</b><br><b>Cheddar Chicken Patty Sandwich</b><br>WG Bun, Breaded Chicken Patty<br>Cheddar Cheese, Ketchup<br>Sweet Corn & Lemon Blueberry Bites<br>Fruit of the Day / Milk (OVS) | <b>17</b><br><b>Brunch Lunch</b><br>French Toast Sticks, Wild Blueberries<br>Syrup<br>100% V Juice & Fruit of the Day<br>Milk (OVS)  | <b>18</b><br><b>EARLY DISMISSAL<br/>NO LUNCH SERVED</b>  | <b>19</b><br><b>NO SCHOOL</b>   |
| Week III  |  |   |  |  |   |
| Hot Lunch | <b>22</b><br><b>NO SCHOOL</b>  | <b>23</b><br><b>Chicken Taco Wrap</b><br>WG Tortilla, Crunch Chicken<br>Shredded Cheese, Boom Sauce<br>Creamy Bean Dip & Tortilla Chips<br>Fruit of the Day / Milk (OVS)              | <b>24</b><br><b>Old Fashioned Hamburger</b><br>WG Bun, Ketchup, Mustard & Pickles<br>Cheezits<br>Baby Carrots & Ranch<br>Fruit of the Day / Milk (OVS)   | <b>25</b><br><b>Orange Chicken</b><br>Seasoned Brown Rice<br>Celery Sticks & Dip<br>Fruit of the Day<br>Milk (OVS) | <b>26</b><br><b>Cheeseburger Pasta Bake</b><br>Steamed Green Beans<br>Fruit of the Day<br>Milk (OVS)                      |
| Week IV   |  |   |  |  |   |

| Weeks I,III,V | Vegetarian Lunch Options are Offered Daily (Served with Veggie & Fruit of the Day)* |                                      |                                      |                                   |   |
|---------------|---|--------------------------------------|--------------------------------------|-----------------------------------|---|
|               | Monday  | Tuesday                              | Wednesday                            | Thursday                          | Friday                                      |
| Hot Veg       | Garden Burger   | Cheese Calzone                       | Pizza Crunchers w/Italian Dip        | Mac & Cheese                      | Wild Mikes Cheese Bites & Italian Dip       |
| Cold          | Cheese Bun  | Yogurt Cup, Cheese Stick & Muffin    | Wow Butter Cup, Cheese Stick & Bagel | Cheese Sandwich on Wheat Bread    | Yogurt Cup, Cheese Stick & Mini Pancake Bag |
| II,IV,VI      | Monday  | Tuesday                              | Wednesday                            | Thursday                          | Friday                                      |
| Hot Veg       | Cheese Quesadilla & Cholula   | Cheese Lasagna                       | Stuffed Cheese Bread w/Italian Dip   | Bean & Cheese Burrito             | Grilled Cheese Sandwich                     |
| Cold          | Yogurt, Cheese Cubes & Stuffed Cream Cheese Bagel                                   | Cheese Cup, String Cheese & Tortilla | Cheese Bun                           | 4.6 oz Wowbutter & Jelly Sandwich | Hard Cooked Egg & Mini French Toast Bag     |

| 5 Shades of Nutrition | Green  | Red   | Yellow/Orange   | White/Brown  | Blue/Violet   |
|-----------------------|--|---|---|--|---|
|                       | Green foods are rich in phytochemicals (lutein & indoles) and offer plenty of fiber. Leafy green vegetables are loaded with anti-oxidants and folates.<br>Romaine Lettuce<br>Kale<br>Spinach<br>Broccoli<br>Okra<br>Mint | Red is a color associated with heart. Lycopene, a phytochemical that gives the red color to food, helps to prevent heart ailments and keeps the arteries healthy.<br>Beets<br>Tomatoes<br>Red Pepper<br>Watermelon<br>Cranberries<br>Cinnamon | Yellow/Orange foods pack betacarotene, Vitamin A and Vitamin C. Collectively, these nutrients promote healthy vision, cell growth and immune system.<br>Carrots<br>Lemons<br>Pineapple<br>Peaches<br>Ginger<br>Turmeric | These foods pack colorless phytonutrients. Onions and Garlic have great anti-inflammatory properties. Mushrooms boost immunity, with Selenium.<br>Cauliflower<br>Onion/Shallots/Garlic<br>Dates<br>Mushroom<br>Coconut<br>Fennel | These darker color foods contain anthocyanin, a flavonoid that fights cell damage. They also come with vitamin E & C, thus promoting bone health and memory.<br>Blueberries<br>Plums/Prunes<br>Egg Plant<br>Purple Cabbage<br>Purple Grapes<br>Black Olives |

\*Skim and 1% milk choices offered daily.

\*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

**Instructions for packing the bundled Meals**

\*\*\*\*Please Pack Red Print Items for BREAKFAST / LUNCH / SNACK / DINNER in one bag for Refrigeration. Attach Refrigeration Label to Bag.

\*\*\*\*Please Pack All Black Ink Items in one bag (These are all Shelf Stable)

**March 2021 Menu (Subject to Change)**

|              | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|--------------|---|--|---|--|---|
|              | <b>1</b>  | <b>2</b>   | <b>3</b>  | <b>4</b>   | <b>5</b>  |
| Hot Lunch    | <b>Meatball Sub w/ Mozzarella Cheese</b><br>WG Bun<br>Cool Ranch Doritos<br>Steamed Corn<br>Fruit of the Day / Milk (OVS) | <b>Sweet &amp; Sour Chicken</b><br>Seasoned Rice<br>Crisp Salad & Homemade Dressing<br>Fruit of the Day<br>Fortune Cookie & Milk (OVS) | <b>Hearty Walking Beef Taco</b><br>Nacho Cheese Chips & Homemade<br>Taco Meat, Shredded Cheese<br>Cheesy Refried Beans<br>Fruit of the Day / Milk (OVS) | <b>Chicken Fritter Wrap w/ Youza Sauce</b><br>Chicken Fritters, WG Tortilla<br>Cheese & Youza Sauce<br>Baby Carrots & Ranch<br>Fruit of the Day / Milk (OVS) | <b>Cheesy Baked Penne</b><br>w/Shredded Cheese<br>Steamed Mixed Vegetables<br>Fresh Fruit of the Day<br>Milk (OVS)  |
| Bundle Lunch | <b>Cheese Bun &amp; Cool Ranch Doritos</b><br>Veggie of the Day/Week  | <b>Breaded Chicken Patty &amp; Bun</b><br>Veggie of the Day/Week   | <b>All Beef Hamburger &amp; Bun</b><br>Baked Cheetos<br>Veggie of the Day/Week  | <b>Sunseeds &amp; Amazin Raisins Pack</b><br>Cheese Stick & Cheezits   | <b>4.6 oz Wowbutter &amp; Jelly Sandwich</b><br>Veggie of the Day/Week  |
| Week V       | Fruit of the Day/Week & Milk (OVS)  | Fruit of the Day/Week & Milk (OVS)   | Fruit of the Day/Week & Milk (OVS)  | Veggie of the Day/Week & Milk (OVS)  | Fruit of the Day/Week & Milk (OVS)  |
|              | <b>8</b>  | <b>9</b>   | <b>10</b>   | <b>11</b>  | <b>12</b>   |
| Hot Lunch    | <b>Premium Chicken Nuggets</b><br>Ketchup<br>Nacho Cheese Doritos<br>Steamed Sweet Corn<br>Fruit of the Day / Milk (OVS)  | <b>All Beef Hamburger</b><br>WG Bun & Ketchup<br>Cheetos<br>Steamed Green Beans<br>Fruit of the Day / Milk (OVS)                       | <b>Hawaiian Teriyaki Grilled Chicken Sandwich</b><br>Sweet Chili Doritos<br>Garden Salad & Dressing<br>Fruit of the Day<br>Milk (OVS)                   | <b>Brunch Lunch</b><br>French Toast Sticks & Syrup<br>100% V Juice<br>Fruit of the Day<br>Milk (OVS)   | <b>Build your Own Beef &amp; Chz Nachos</b><br>Tortilla Chips, Seasoned Beef<br>Cheddar Chz Cup & Sour Cream<br>Cheesy Refried Beans<br>Fruit of the Day / Milk (OVS) |
| Bundle Lunch | <b>Cheese Bun &amp; Nacho Cheese Doritos</b><br>Veggie of the Day/Week  | <b>Chicken Corn Dog &amp; Lemon Blueberry Bites</b><br>Veggie of the Day/Week  | <b>Italian Calzone</b><br>Veggie of the Day/Week  | <b>Bean &amp; Cheese Burrito &amp; Corn Chips</b><br>Veggie of the Day/Week  | <b>Hot Dog &amp; Bun</b><br>Cheetos<br>Veggie of the Day/Week   |
| Week VI      | Fruit of the Day/Week & Milk (OVS)  | Fruit of the Day/Week & Milk (OVS)   | Fruit of the Day/Week & Milk (OVS)  | Fruit of the Day/Week & Milk (OVS)   | Fruit of the Day/Week & Milk (OVS)  |

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