



		Wednesday, Feb. 1	Thursday, Feb. 2	Friday, Feb. 3
		WG Cheese Calzone	Sweet and Sour Chicken	Turkey Alfredo w/WG Pasta
		Marinara Sauce	WG Brown Rice	Fresh Broccoli w/Ranch
		Fresh Carrot Sticks	Romaine Salad w/Ranch	Diced Pears
		Canned Apple Slices	Fresh Banana	1% Milk or Fat Free Milk
		1% Milk or Fat Free Milk	1% Milk or Fat Free Milk	
Monday, Feb. 6	Tuesday, Feb. 7	Wednesday, Feb. 8	Thursday, Feb. 9	Friday, Feb. 10
Meatballs in Marina	WG Bean and Cheese Burrito	Teriyaki Diced Chicken	Sloppy Joe	WG Macaroni and Cheese
Shredded Mozz Cheese	Taco Sauce	WG Brown Rice	WG Bun	Fresh Broccoli w/Ranch
WG Bread Stick	Steamed Diced Carrots	Romaine Salad w/Ranch	Vegetarian Baked Beans	Diced Pears
Steamed Green Beans	Canned Apple Slices	Diced Peaches	Fresh Banana	1% Milk or Fat Free Milk
Applesauce	1% Milk or Fat Free Milk	1% Milk or Fat Free Milk	1% Milk or Fat Free Milk	
1% Milk or Fat Free Milk				
Monday, Feb. 13	Tuesday, Feb. 14	Wednesday, Feb. 15	Thursday, Feb. 16	Friday, Feb. 17
WG Bosco Sticks	Meatloaf in Gravy	WG Pasta in Meat Sauce	Creamy Diced Turkey	Chicken Chow Mein
Marinara Sauce	WG Bread Slice	Romaine Salad w/Ranch	WG Bread Stick	WG Brown Rice
Fresh Carrot Sticks	Vegetarian Baked Beans	Pineapple Tidbits	Mashed Potatoes	Fresh Broccoli w/Ranch
Applesauce	Diced Pears	1% Milk or Fat Free Milk	Fresh Banana	Canned Apple Slices
1% Milk or Fat Free Milk	1% Milk or Fat Free Milk		1% Milk or Fat Free Milk	1% Milk or Fat Free Milk
Monday, Feb. 20	Tuesday, Feb. 21	Wednesday, Feb. 22	Thursday, Feb. 23	Friday, Feb. 24
Hamburger Patty on WG Bun	Chicken ala King	Goulash w/WG Pasta	Sweet and Sour Meatballs	Ranch Diced Turkey
American Cheese Slice	WG Brown Rice	Romaine Salad w/Ranch	WG Bread Slice	WG Bread Stick
Fresh Carrot Sticks	Steamed Peas and Carrots	Tropical Fruit	Fresh Broccoli w/Ranch	Mashed Potatoes
Vegetarian Baked Beans	Pineapple Tidbits	1% Milk or Fat Free Milk	Fresh Banana	Canned Apple Slices
1% Milk or Fat Free Milk	1% Milk or Fat Free Milk		1% Milk or Fat Free Milk	1% Milk or Fat Free Milk
Monday, Feb. 27	Tuesday, Feb. 28	<h1>February 2023</h1> <h2>LSS Meals School (K-12) Lunch Menu</h2>		
Diced Chicken in Marinara	Creamy Swedish Meatballs			
Shredded Mozz Cheese	WG Bread Slice			
WG Bread Stick	Mashed Potatoes			
Steamed Corn	Diced Pears			
Applesauce	1% Milk or Fat Free Milk			
1% Milk or Fat Free Milk				

This menu meets CACFP and NSLP guidelines for nutrition and meal pattern. All grains are at least 51% whole grain, milk is provided with lunch meals. Unflavored whole milk is provided for children age 12 months to 2 years of age and low fat or fat free milk is provided for children above 2 years of age.

Menu is subject to change.
Approved by Donna Dunlap RD, LD