



February



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Grilled Cheese Sandwich Baked Potato Chips
4 Pasta with Pesto Sauce Sautéed Zucchini	5 Chick Pea Curry Hard Boiled Egg Steamed Rice Mixed veggies  Happy Chinese New Year!	6 Veggie Cheese Burger (with lettuce & tomato) Baked French Fries	7 Chow Mein Hard Boiled Egg	8 Veggie Chicken Nuggets Hummus with Pita Chips
11 Mac & Cheese Steamed Peas & Carrots	12 Egg Salad Hawaiian Bun Baked Potato Chips	13 Chop Suey with Tofu bits Steamed Rice Green Onion Pancake	14 Mushroom & Spinach Quiche Corn Bread Muffin  Happy Valentine's Day	15 Cheese Lasagna Broccoli Bites
18 Cabbage & Egg Steamed Rice	19 Spaghetti With Veggie Meatballs Sautéed Zucchini Garlic Bread	20 Fried Rice Hard Boiled Egg Sautéed Green Beans	21 Cheese Quesadilla Sautéed Corn	22 Teriyaki Tofu Steamed Rice Stir Fry Bok Choy
25 Fettuccini Alfredo Broccoli Bites Garlic Bread	26 Potato casserole Mixed Vegetables Corn Bread	27 Vegetarian Pancit Eggrolls Steamed Vegetables	28 French Toast Sticks Hard Boiled Egg Hash browns	

All meals include a serving of fruit & milk. Menu is subject to change.

Each lunch is portioned out to meet the Nutrition Standards for School Lunches: 30% protein, 35% grain, 20% vegetables/fruits