

FEBRUARY LUNCH

SUMMIT LEADERSHIP ACADEMY JR.HIGH CAMPUS L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
February 3, 2020 CHICKEN RANCH FLATBREAD ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Mixed Vegetables Applesauce Cup Choice of Milk	February 4, 2020 TOASTY TUESDAY** 3 CHEESE PANINI ^ Pickle Chips CHICKEN TENDERS WITH POTATO WEDGES ^ Tomato Soup^ Diced Pears BBQ Sauce Ketchup Choice of Milk	February 5, 2020 CRISPY CHICKEN DRUMSTICK ^ Corn Muffin ^ CHARBROILED HAMBURGER Wrapped Hamburger Bun ^ Maple Baked Beans Fresh Red Pepper Slices Fat Free Ranch Dressing Fresh Orange* BBQ Sauce Mustard Ketchup Choice of Milk	February 6, 2020 CHEESY TACO MEAT Tortilla Rounds ^ Jalapenos HOT DOG W/ POTATO ROUNDS Wrapped Hot Dog Bun ^ Romaine Lettuce Fat Free Ranch Dressing Fresh Apple Slices Mustard Ketchup Choice of Milk	February 7, 2020 PANCAKES & SAUSAGE ^ CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ Tropical Veggie Juice Diced Peaches Syrup BBQ Sauce Choice of Milk
February 10, 2020 NO SCHOOL	February 11, 2020 DELI SUB SANDWICH ^ Pickle Chips CHICKEN TENDERS WITH POTATO WEDGES ^ Corn Diced Peaches Mustard BBQ Sauce Ketchup Choice of Milk	February 12, 2020 GENERAL TSO'S CHICKEN & NOODLES ^ CHARBROILED HAMBURGER Wrapped Hamburger Bun ^ Broccoli Fresh Green Peppers Light Ranch Dressing Fresh Banana Mustard Ketchup Choice of Milk	February 13, 2020 MEATLOAF PANINI ^ HOT DOG Wrapped Hot Dog Bun ^ Maple Baked Beans Sun Splash Veggie Juice Fresh Apple Slices Mustard Ketchup Choice of Milk	February 14, 2020 NO SCHOOL
February 17, 2020 PRESIDENTS DAY	February 18, 2020 SLOPPY JOE Wrapped Hamburger Bun ^ CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick ^ Maple Baked Beans Orange-Tangerine Juice Choice of Milk	February 19, 2020 BEAN & CHEESE PUPUSA CHARBROILED HAMBURGER Wrapped Hamburger Bun ^ Whole Kernel Corn Fresh Crunchy Celery Sticks Fat Free Ranch Dressing Fresh Pear* Hot Sauce Mustard Ketchup Choice of Milk	February 20, 2020 POPCORN CHICKEN ^ HOT DOG W/ POTATO ROUNDS Wrapped Hot Dog Bun ^ Mixed Vegetables Fresh Orange* BBQ Sauce Mustard Ketchup Choice of Milk	February 21, 2020 HOMESTYLE SALISBURY STEAK W/GRAVY CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ Mashed Potatoes Romaine Lettuce Fat Free Ranch Dressing Diced Peaches BBQ Sauce Choice of Milk
February 24, 2020 PENNE PASTA W/MEAT SAUCE ^ Breadstick ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Mixed Fruit Cup Choice of Milk	February 25, 2020 CHICKEN TACO CHICKEN TENDERS WITH POTATO WEDGES ^ Corn Diced Pears Wild White Nacho Doritos^ BBQ Sauce Ketchup Choice of Milk	February 26, 2020 CHEESE & GREEN CHILE TAMALES CHARBROILED HAMBURGER Wrapped Hamburger Bun ^ Baby Carrots Romaine Lettuce Fat Free Ranch Dressing Orange-Tangerine Juice Hot Sauce Mustard Ketchup Choice of Milk	February 27, 2020 CHICKEN NUGGETS WITH POTATO ROUNDS ^ HOT DOG W/ POTATO ROUNDS Wrapped Hot Dog Bun ^ Maple Baked Beans Fresh Apple BBQ Sauce Mustard Ketchup Choice of Milk	February 28, 2020 VEGETARIAN BURGER CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ French Fries Fresh Banana Mustard Chipotle Ranch Ketchup Choice of Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Find your school's menus online at: preferredmealsmenu.com

Nutritional Information: SUMMIT LEADERSHIP ACADEMY JR.HIGH CAMPUS

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
02-03-2020	CHICKEN RANCH FLATBREAD ^	341	14	6	0	41	701	32	2	3	21	88	1	420	3	MMA:2oz G/B:2sv WG
	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Mixed Vegetables	94	0	0	0	0	84	20	4	6	4	386	3	27	1	V:1/4c RO V:1/2c S
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-04-2020	TOASTY TUESDAY**	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	3 CHEESE PANINI ^	278	13	7	0	35	658	28	2	3	15	38	0	313	2	MMA:1.5oz G/B:2sv WG
	Pickle Chips	44	0	0	0	0	221	10	0	9	0	111	0	29	0	V:1/4c O
	CHICKEN TENDERS WITH POTATO WEDGES ^	313	17	2	0	25	409	24	4	1	16	30	2	0	2	MMA:2oz G/B:1sv WG V:1/4c S
	Tomato Soup^	226	12	2	0	1	633	25	1	5	4	0	0	49	1	G/B:0.5sv WG V:1/2c RO
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
02-05-2020	CRISPY CHICKEN DRUMSTICK ^	190	11	2	0	50	450	5	1	0	16	30	0	20	1	MMA:2oz G/B:0.75sv WG
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	CHARBROILED HAMBURGER	140	10	4	0	40	150	2	1	0	12	0	0	40	1	MMA:2oz
	Wrapped Hamburger Bun ^	150	2	0	0	0	240	29	2	3	5	0	9	40	1	G/B:2sv WG
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Fresh Red Pepper Slices	10	0	0	0	0	2	2	1	1	1	10	5	11	0	V:1/4c RO
	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Fresh Orange*	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-06-2020	CHEESY TACO MEAT	181	12	6	0	40	429	7	2	2	12	149	0	125	2	MMA:2oz
	Tortilla Rounds ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Jalapenos	5	0	0	0	0	394	1	1	1	0	39	5	26	0	V:1/4c O
	HOT DOG W/ POTATO ROUNDS	182	13	4	0	25	557	11	1	1	5	0	0	0	1	MMA:1.5oz V:1/4c S
	Wrapped Hot Dog Bun ^	140	2	0	0	0	220	27	2	3	5	0	6	40	1	G/B:1.75sv WG
	Romaine Lettuce	6	0	0	0	0	3	1	1	0	0	986	2	12	0	V:1/2c DG
	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Fresh Apple Slices	30	0	0	0	0	0	8	1	6	0	0	72	0	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
02-07-2020	PANCAKES & SAUSAGE ^	290	14	4	0	40	400	28	3	6	15	0	0	89	2	MMA:2.25oz G/B:2sv WG
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Wrapped Hamburger Bun ^	150	2	0	0	0	240	29	2	3	5	0	9	40	1	G/B:2sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-10-2020	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
02-11-2020	DELI SUB SANDWICH ^	277	12	4	0	49	819	30	3	2	15	10	1	151	2	MMA:2oz G/B:2sv WG
	Pickle Chips	44	0	0	0	0	221	10	0	9	0	111	0	29	0	V:1/4c O
	CHICKEN TENDERS WITH POTATO WEDGES ^	313	17	2	0	25	409	24	4	1	16	30	2	0	2	MMA:2oz G/B:1sv WG V:1/4c S
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
02-12-2020	GENERAL TSO'S CHICKEN & NOODLES ^	383	15	3	0	22	981	44	5	16	19	39	0	9	3	MMA:2oz G/B:1.5sv WG
	CHARBROILED HAMBURGER	140	10	4	0	40	150	2	1	0	12	0	0	40	1	MMA:2oz
	Wrapped Hamburger Bun ^	150	2	0	0	0	240	29	2	3	5	0	9	40	1	G/B:2sv WG
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Fresh Green Peppers	6	0	0	0	0	1	1	0	1	0	34	25	3	0	V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
02-13-2020	MEATLOAF PANINI ^	306	10	4	0	38	580	33	6	4	25	0	1	211	4	MMA:2oz G/B:2sv WG
	HOT DOG	110	9	4	0	25	360	2	0	1	4	0	0	0	1	MMA:1.5oz
	Wrapped Hot Dog Bun ^	140	2	0	0	0	220	27	2	3	5	0	6	40	1	G/B:1.75sv WG
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO
	Fresh Apple Slices	30	0	0	0	0	0	8	1	6	0	0	72	0	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
02-14-2020	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
02-17-2020	PRESIDENTS DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
02-18-2020	SLOPPY JOE	198	10	4	0	33	494	17	2	8	12	86	5	36	2	MMA:2oz V:1/2c RO
	Wrapped Hamburger Bun ^	150	2	0	0	0	240	29	2	3	5	0	9	40	1	G/B:2sv WG
	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	321	18	4	0	48	823	22	1	0	21	103	0	55	0	MMA:2oz G/B:1sv WG V:1/2c RO
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-19-2020	BEAN & CHEESE PUPUSA	290	11	4	0	15	480	35	4	1	13	60	1	250	1	MMA:2oz G/B:2sv WG
	CHARBROILED HAMBURGER	140	10	4	0	40	150	2	1	0	12	0	0	40	1	MMA:2oz
	Wrapped Hamburger Bun ^	150	2	0	0	0	240	29	2	3	5	0	9	40	1	G/B:2sv WG
	Whole Kernel Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
	Fresh Crunchy Celery Sticks	5	0	0	0	0	26	1	0	0	0	44	1	13	0	V:1/4c O
	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Fresh Pear*	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Hot Sauce	0	0	0	0	0	170	0	0	0	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-20-2020	POPCORN CHICKEN ^	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv WG
	HOT DOG W/ POTATO ROUNDS	182	13	4	0	25	557	11	1	1	5	0	0	0	1	MMA:1.5oz V:1/4c S
	Wrapped Hot Dog Bun ^	140	2	0	0	0	220	27	2	3	5	0	6	40	1	G/B:1.75sv WG
	Mixed Vegetables	94	0	0	0	0	84	20	4	6	4	386	3	27	1	V:1/4c RO V:1/2c S
	Fresh Orange*	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
02-21-2020	HOMESTYLE SALISBURY STEAK W/GRAVY	222	14	6	0	45	444	7	2	1	17	9	2	41	2	MMA:2oz
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Wrapped Hamburger Bun ^	150	2	0	0	0	240	29	2	3	5	0	9	40	1	G/B:2sv WG
	Mashed Potatoes	123	5	1	0	0	304	17	1	1	3	0	59	39	0	V:1/2c S
	Romaine Lettuce	6	0	0	0	0	3	1	1	0	0	986	2	12	0	V:1/2c DG
	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-24-2020	PENNE PASTA W/MEAT SAUCE ^	323	12	4	0	35	503	39	4	8	18	69	0	72	3	MMA:2oz G/B:1sv WG V:3/4c RO
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-25-2020	CHICKEN TACO	123	5	2	0	45	417	6	0	1	14	124	2	68	1	MMA:2oz V:1/4c RO
	CHICKEN TENDERS WITH POTATO WEDGES ^	313	17	2	0	25	409	24	4	1	16	30	2	0	2	MMA:2oz G/B:1sv WG V:1/4c S
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Wild White Nacho Doritos^	130	5	1	0	0	170	20	2	0	2	0	0	40	0	G/B:1.5sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-26-2020	CHEESE & GREEN CHILE TAMALE	370	24	10	0	35	470	29	2	2	11	225	9	250	0	MMA:1.25oz G/B:2sv WG
	CHARBROILED HAMBURGER	140	10	4	0	40	150	2	1	0	12	0	0	40	1	MMA:2oz
	Wrapped Hamburger Bun ^	150	2	0	0	0	240	29	2	3	5	0	9	40	1	G/B:2sv WG
	Baby Carrots	16	0	0	0	0	35	4	1	2	0	1880	1	15	0	V:1/4c RO
	Romaine Lettuce	6	0	0	0	0	3	1	1	0	0	986	2	12	0	V:1/2c DG
	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0	F:1/2c
	Hot Sauce	0	0	0	0	0	170	0	0	0	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
02-27-2020	CHICKEN NUGGETS WITH POTATO ROUNDS ^	297	16	3	0	44	672	22	2	0	17	38	0	0	0	MMA:2oz G/B:1sv WG V:1/4c S
	HOT DOG W/ POTATO ROUNDS	182	13	4	0	25	557	11	1	1	5	0	0	0	1	MMA:1.5oz V:1/4c S
	Wrapped Hot Dog Bun ^	140	2	0	0	0	220	27	2	3	5	0	6	40	1	G/B:1.75sv WG
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-28-2020	VEGETARIAN BURGER	140	4	0	0	0	420	9	3	3	16	0	0	60	1	MMA:2oz
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Wrapped Hamburger Bun ^	150	2	0	0	0	240	29	2	3	5	0	9	40	1	G/B:2sv WG
	French Fries	155	6	1	0	0	45	24	0	0	2	0	10	0	0	V:3/4c S
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Chipotle Ranch	30	2	0	0	5	55	2	0	1	0	30	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02-03-2020	CHICKEN RANCH FLATBREAD ^	X						X	X
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Mixed Vegetables								
	Applesauce Cup								
	Choice of Milk	X							
02-04-2020	TOASTY TUESDAY**								
	3 CHEESE PANINI ^	X						X	X
	Pickle Chips								
	CHICKEN TENDERS WITH POTATO WEDGES ^							X	X
	Tomato Soup^	X						X	X
	Diced Pears								
	BBQ Sauce							X	
	Ketchup								
Choice of Milk	X								
02-05-2020	CRISPY CHICKEN DRUMSTICK ^								X
	Corn Muffin ^								X
	CHARBROILED HAMBURGER		X					X	
	Wrapped Hamburger Bun ^							X	X
	Maple Baked Beans								
	Fresh Red Pepper Slices								
	Fat Free Ranch Dressing	X	X					X	
	Fresh Orange*								
	BBQ Sauce							X	
	Mustard								
	Ketchup								
	Choice of Milk	X							
02-06-2020	CHEESY TACO MEAT	X						X	
	Tortilla Rounds ^								
	Jalapenos								
	HOT DOG W/ POTATO ROUNDS							X	
	Wrapped Hot Dog Bun ^							X	X
	Romaine Lettuce								
	Fat Free Ranch Dressing	X	X					X	
	Fresh Apple Slices								
	Mustard								
	Ketchup								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02-07-2020	PANCAKES & SAUSAGE ^	X	X					X	X
	CRISPY CHICKEN PATTY ^							X	X
	Wrapped Hamburger Bun ^							X	X
	Tropical Veggie Juice								
	Diced Peaches								
	Syrup								
	BBQ Sauce							X	
	Choice of Milk	X							
02-10-2020	NO SCHOOL								
02-11-2020	DELI SUB SANDWICH ^	X						X	X
	Pickle Chips								
	CHICKEN TENDERS WITH POTATO WEDGES ^							X	X
	Corn								
	Diced Peaches								
	Mustard								
	BBQ Sauce							X	
	Ketchup								
Choice of Milk	X								
02-12-2020	GENERAL TSO'S CHICKEN & NOODLES ^	X	X					X	X
	CHARBROILED HAMBURGER		X					X	
	Wrapped Hamburger Bun ^							X	X
	Broccoli								
	Fresh Green Peppers								
	Light Ranch Dressing	X	X					X	
	Fresh Banana								
	Mustard								
	Ketchup								
Choice of Milk	X								
02-13-2020	MEATLOAF PANINI ^	X						X	X
	HOT DOG								
	Wrapped Hot Dog Bun ^							X	X
	Maple Baked Beans								
	Sun Splash Veggie Juice								
	Fresh Apple Slices								
	Mustard								
	Ketchup								
Choice of Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02-14-2020	NO SCHOOL								
02-17-2020	PRESIDENTS DAY								
02-18-2020	SLOPPY JOE							X	
	Wrapped Hamburger Bun ^							X	X
	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	X						X	X
	Breadstick ^							X	X
	Maple Baked Beans								
	Orange-Tangerine Juice								
	Choice of Milk	X							
02-19-2020	BEAN & CHEESE PUPUSA	X							
	CHARBROILED HAMBURGER		X					X	
	Wrapped Hamburger Bun ^							X	X
	Whole Kernel Corn								
	Fresh Crunchy Celery Sticks								
	Fat Free Ranch Dressing	X	X					X	
	Fresh Pear*								
	Hot Sauce								
	Mustard								
	Ketchup								
Choice of Milk	X								
02-20-2020	POPCORN CHICKEN ^							X	X
	HOT DOG W/ POTATO ROUNDS							X	
	Wrapped Hot Dog Bun ^							X	X
	Mixed Vegetables								
	Fresh Orange*								
	BBQ Sauce							X	
	Mustard								
	Ketchup								
Choice of Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02-21-2020	HOMESTYLE SALISBURY STEAK W/GRAVY	X						X	X
	CRISPY CHICKEN PATTY ^							X	X
	Wrapped Hamburger Bun ^							X	X
	Mashed Potatoes	X						X	
	Romaine Lettuce								
	Fat Free Ranch Dressing	X	X					X	
	Diced Peaches								
	BBQ Sauce							X	
	Choice of Milk	X							
02-24-2020	PENNE PASTA W/MEAT SAUCE ^	X						X	X
	Breadstick ^							X	X
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Green Beans								
	Mixed Fruit Cup								
	Choice of Milk	X							
02-25-2020	CHICKEN TACO	X							
	CHICKEN TENDERS WITH POTATO WEDGES ^							X	X
	Corn								
	Diced Pears								
	Wild White Nacho Doritos^	X							
	BBQ Sauce							X	
	Ketchup								
	Choice of Milk	X							
02-26-2020	CHEESE & GREEN CHILE TAMALE	X							
	CHARBROILED HAMBURGER		X					X	
	Wrapped Hamburger Bun ^							X	X
	Baby Carrots								
	Romaine Lettuce								
	Fat Free Ranch Dressing	X	X					X	
	Orange-Tangerine Juice								
	Hot Sauce								
	Mustard								
	Ketchup								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02-27-2020	CHICKEN NUGGETS WITH POTATO ROUNDS ^							X	X
	HOT DOG W/ POTATO ROUNDS							X	
	Wrapped Hot Dog Bun ^							X	X
	Maple Baked Beans								
	Fresh Apple								
	BBQ Sauce							X	
	Mustard								
	Ketchup								
	Choice of Milk	X							
02-28-2020	VEGETARIAN BURGER							X	X
	CRISPY CHICKEN PATTY ^							X	X
	Wrapped Hamburger Bun ^							X	X
	French Fries							X	
	Fresh Banana								
	Mustard								
	Chipotle Ranch	X	X						
	Ketchup								
	Choice of Milk	X							