

LUNCH - Late Fall/ Winter Cycle HHFKA 9-12 (age 14-18)



Monday	Tuesday	Wednesday	Thursday	Friday
<p>02/06/2023</p> <p>NO SCHOOL TODAY</p>	<p>02/07/2023</p> <p>Chili Turkey Hot Dog** on a WG Bun Chili Turkey Meatless Hot Dog on a WG Bun Green Beans Ketchup (ss) Fruit Punch Juice Choice of Milk</p>	<p>02/08/2023</p> <p>Chicken Caesar WG Pasta Salad Chicken Meatless Caesar WG Pasta Salad (V) Fruit Punch Juice Choice of Milk</p>	<p>02/09/2023</p> <p>Chicken & Tk. Bacon Pasta w/Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach(V) Bananas Choice of Milk</p>	<p>02/10/2023</p> <p>Beef Burger & WG Bun Veggie Burger & WG Bun (V/VG) Mash Potatoes & Cauliflower Fresh Apples Ketchup (ss) Mayo Light (ss) Choice of Milk</p>
<p>02/13/2023</p> <p>Turkey Shepherd's Pie w/ Mashed Potato & Carrot Meatless Shepherd'sPie w/ Mashed Potato & Carrot(V) Steamed Brown Rice Fresh Apples Choice of Milk</p>	<p>02/14/2023</p> <p>Buffalo Chicken WG Mac & Cheese Buffalo Chicken Meatless WG Mac & Cheese (V) Roasted Cauliflower & Broccoli Medley Fresh Pears Choice of Milk</p>	<p>02/15/2023</p> <p>Apple Provolone Turkey Sandwich Apple Provolone WW Sandwich (V) Fresh Carrots Ranch Dressing (ss) Bananas Choice of Milk</p>	<p>02/16/2023</p> <p>BYO Turkey Nachos WG w/Romaine & Corn Pico (V) BYO Veggie Nachos WG w/Romaine & Corn Pico(V) Bean Dip Sour Cream (ss) Orange Juice Choice of Milk</p>	<p>02/17/2023</p> <p>NO SCHOOL TODAY</p>
<p>02/20/2023</p> <p>NO SCHOOL TODAY</p>	<p>02/21/2023</p> <p>Fiesta Rice Chicken w/ Corn, G. Peas & Carrot Rice Chicken Meatless w/ Corn,G. Peas & Carrot (VG) Fruit Punch Juice Choice of Milk</p>	<p>02/22/2023</p> <p>Strawberry WG Pasta Salad w/Chicken,Broccoli &Cumb. Strawberry WG Pasta Salad Meatless w/Broccoli &Cumb Cheez-It (WG Cracker) Bananas Choice of Milk</p>	<p>02/23/2023</p> <p>Beef Meatballs w/ Brown Rice & Bl. Beans Veggie Meatballs w/ Brown Rice & Beans(V/VG) Fresh Apples Choice of Milk</p>	<p>02/24/2023</p> <p>WG Chicken Corn Dog** Veggie Hot Dog** Green Bean & Carrot Medley Mayonnaise SS Pouch (LS) Ketchup (ss) Fresh Tangerines Choice of Milk</p>
<p>02/27/2023</p> <p>Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans & Carrots Diced (V/VG) Fresh Apples Choice of Milk</p>	<p>02/28/2023</p> <p>BBQ Chicken on a WG Slider BBQ Chicken Meatless WG Slider (V/VG) Sweet Corn Bananas Choice of Milk</p>	<p>03/01/2023</p> <p>Cranberry Turkey Breast w/ Arugula WW Sandwich Cranberry Toasted Tofu w/ Arugula WW Sandwich (V) Roasted Broccoli Ranch Dip (ss) Fresh Pears Choice of Milk</p>	<p>03/02/2023</p> <p>Chicken Stroganoff Pasta w/Pepper,Carrot & Zuchin. Chicken Stroganoff Pasta w/Pepper,Carrot & Zucc.(V) Orange Juice Choice of Milk</p>	<p>03/03/2023</p> <p>WG Cheese Pizza (V) Sweet Creamy Coleslaw Fresh Tangerines Choice of Milk</p>

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy.

Locally Grown Components Daily Served: According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (MD/PA/VA), Sweet Potato (MD/PA), Cucumber (MD), Potatoes (PA/MD)

**Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request.
WG = Whole Grain WW = Whole Wheat**

Jan 25, 2023