

# February

## LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> <li>• chicken teriyaki w/ brown rice (DF)</li> <li>• chicken quesadilla</li> <li>• veggie chef salad (VG)</li> <li>○ fresh grape tomatoes/garden style garbanzo beans</li> </ul>	<ul style="list-style-type: none"> <li>• cheese pizza (VG)</li> <li>• oven roasted chicken sandwich</li> <li>• sesame chicken salad</li> <li>○ crunchy celery sticks</li> </ul>
<ul style="list-style-type: none"> <li>• pepper jack cheeseburger</li> <li>• BBQ chicken with cheesy rice</li> <li>• sunbutter and jelly sandwich(VG)</li> <li>○ baby carrots with ranch</li> </ul>	<ul style="list-style-type: none"> <li>• general tso's chicken w/ not so fried rice</li> <li>• hearty veggie chili w/cornbread (VG)</li> <li>• mighty meaty deli combo sandwich</li> <li>○ seasoned corn</li> </ul>	<ul style="list-style-type: none"> <li>• classic chicken parm pasta</li> <li>• buffalo chicken sandwich</li> <li>○ hummus dippers (VG)</li> <li>○ seasoned green beans</li> </ul>	<ul style="list-style-type: none"> <li>• baked mac &amp; cheese w/ chicken bites</li> <li>• chicken enchiladas</li> <li>• veggie chef salad (VG)</li> <li>○ grape tomato/ chilled edamame</li> </ul>	<ul style="list-style-type: none"> <li>• cheese pizza (VG)</li> <li>• sweet garlic noodles w/chicken</li> <li>• chicken caesar salad</li> <li>○ brilliant broccoli</li> </ul>
<ul style="list-style-type: none"> <li>• chicken bites (DF)</li> <li>• cheese enchiladas</li> <li>• sunbutter and jelly sandwich(VG)</li> <li>○ baby carrots with ranch</li> </ul>	<ul style="list-style-type: none"> <li>• classic spaghetti &amp; meatballs</li> <li>• creamy tomato curry and grilled chicken bites</li> <li>• cheddar cheese sandwich (VG)</li> <li>○ seasoned corn</li> </ul>	<ul style="list-style-type: none"> <li>• fiesta scoops! w/ three layer dip (VG)</li> <li>• kickin' chicken melt sandwich</li> <li>• honey mustard salad with grilled chicken bites</li> <li>○ brilliant broccoli</li> </ul>	<ul style="list-style-type: none"> <li>• chili citrus chicken drumstick with rice (DF)</li> <li>• chicken quesadilla</li> <li>• veggie taco salad (VG)</li> <li>○ fresh grape tomatoes</li> <li>○ garden style garbanzo beans</li> </ul>	<ul style="list-style-type: none"> <li>• cheese pizza (VG)</li> <li>• flame broiled beef cheeseburger</li> <li>• sesame chicken salad</li> <li>○ crunchy celery sticks</li> </ul>
<ul style="list-style-type: none"> <li>• chicken, turkey ham and cheddar picnic sandwich</li> <li>• cheddar and mozzarella picnic sandwich</li> <li>○ baby carrots with ranch</li> </ul>	<ul style="list-style-type: none"> <li>• chicken bites (DF)</li> <li>• kickin' chicken alfredo</li> <li>• sunbutter and jelly sandwich(VG)</li> <li>○ green peas</li> </ul>	<ul style="list-style-type: none"> <li>• baked mac and cheese and BBQ chicken lunch combo</li> <li>• cheese enchiladas (VG)</li> <li>• garden ranch salad w/chicken</li> <li>○ brilliant broccoli</li> </ul>		

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Vegetarian (VG) options available daily.

This institute is an equal opportunity provider.

