

FEBRUARY 2023

K-12 Breakfast and Lunch Menu

Baton Rouge

MONDAY

2

TUESDAY

3

WEDNESDAY

1

BREAKFAST

Homemade Granola & Vanilla Yogurt Cup

LUNCH

Creamy Chicken Alfredo w/ Cheesy Garlic Breadstick
Parmesan Green Peas
Roasted Veggies

THURSDAY

2

BREAKFAST

Potato, Egg & Cheese Breakfast Burrito

LUNCH

Crispy Beef Tacos
Refried Beans
Shredded Romaine & Tomato Salad

FRIDAY

3

BREAKFAST

Banana Nut Muffin Tops

LUNCH

Pepperoni or Cheese Pizza
Fresh Garden Salad w/ Croutons
Buffalo Cauliflower Wings

6

BREAKFAST

Chicken Sausage Pancake Sandwich

LUNCH

Cheeseburger or Hamburger
Baked Beans
Deluxe Deli Salad

7

BREAKFAST

Blueberry Muffin Top

LUNCH

Creamy Chicken Pastalaya
Honey Wheat Roll
Seasoned Corn

8

BREAKFAST

WG Bagel w/ Cheese Stick

LUNCH

Crispy Baked Chicken
Honey Wheat Roll
Rustic Mashed Potatoes w/ Gravy
Carrot Craisin Salad

9

BREAKFAST

Breakfast Pizza

LUNCH

Spaghetti & Meatballs
Cheesy Garlic Breadstick
Homemade Marinara Sauce
Cucumber Ranch Cup

10

Professional Development
No Classes

13

BREAKFAST

Pancake & Sausage on a Stick

LUNCH

Veggie Pizza
Zucchini Bake
Fresh Garden Salad w/ Croutons

14

BREAKFAST

Fresh Fruit Parfait

LUNCH

Red Beans & Sausage Over Rice
Honey Wheat Roll
Roasted Cajun Okra

15

BREAKFAST

Turkey Ham, Egg & Cheddar Croissant

LUNCH

Chicken Teriyaki & Not So Fried Rice
Sauteed Asian Vegetables
Asian Kale Salad

16

BREAKFAST

Strawberry or Apple Chia Bar
Greek Yogurt

LUNCH

Turkey Hot Dog
Bean Chili
Curly Fries

17

BREAKFAST

Cocoa Banana Overnight Oats

LUNCH

Chicken Tenders or Fish Dippers
Honey Wheat Roll
Country Style Green Beans
Sweet Potato Puff

20

Mardi Gras
No Classes

21

Mardi Gras
No Classes

22

Bad Weather Day
No Classes

23

BREAKFAST

Potato, Egg & Cheese Breakfast Burrito

LUNCH

Crispy Beef Tacos
Refried Beans
Shredded Romaine & Tomato Salad

24

BREAKFAST

Banana Nut Muffin Tops

LUNCH

Pizza
Buffalo Cauliflower Wings
Fresh Garden Salad w/ Croutons

27

BREAKFAST

Pancake Sandwich

LUNCH

Cheeseburger or Hamburger
Baked Beans
Deluxe Deli Salad

28

BREAKFAST

Blueberry Muffin Tops

LUNCH

Burrito Bowl
Cowboy Caviar
Shredded Romaine



OFFERED DAILY

AT BREAKFAST

- Assorted Fresh Fruit
- FF Milk / 1% Milk
- Fresh Fruit Juice
- Whole Grains
- Assorted Cereal & Cracker Pack

AT LUNCH

- Colorful Vegetables
- Assorted Fresh Fruit
- FF Milk & 1% Milk

NOTICE:

Due to COVID 19, product availability is not stable, and this menu is subject to change without notice based on availability

This institution is an equal opportunity provider.

FEBRERO 2023

K-12 Supper Menu

Baton Rouge

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Beef & Cheese
Burrito
Broccoli Florets

2
Flatbread
Shredded Mozzarella
Pepperoni
Marinara Cup

3
Mac & Cheese
w/ Broccoli
Cherry Tomatoes

6
Wowbutter & Jelly
Sandwich
Cheese Stick
Cucumber

7
Turkey Wrap
Mini Deli Salad

8
Turkey & Cheddar
Hoagie
Baby Carrots

9
Personal Pizza
Celery Sticks

10
Professional
Development
No Classes

13
Mini Corn Dog
Cherry Tomatoes

14
Turkey Ham Cubes
Bean Dip
Sun Chips
Baby Carrots

15
Waffle Flatbread
Hardboiled Egg
PB Cup
Celery Sticks

16
Turkey & Cheddar
Hoagie
Mini Deli Salad

17
Twisted WG Cheesy
Breadstick
Marinara Cup

20
Mardi Gras
No Clases

21
Mardi Gras
No Clases

22
Dia de mal clima
No clases

23
Flatbread
Shredded Mozzarella
Pepperoni
Marinara Cup

24
Mac & Cheese
w/Broccoli

27
Wowbutter & Jelly
Sandwich w/Cheese
Stick

28
Turkey Wrap
Mini Deli Salad



OFFERED DAILY

AT SUPPER

- Colorful Vegetables
- Assorted Fresh Fruit
- FF Milk
- 1% Milk
- Whole Grains

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