

# FEBRUARY 2023

## K-12 Breakfast and Lunch Menu

### Ohio

#### MONDAY

2

#### TUESDAY

3

#### WEDNESDAY

1

##### BREAKFAST

Yogurt w/Graham Cracker

##### LUNCH

Creamy Penne Alfredo  
Parmesan Peas

#### THURSDAY

2

##### BREAKFAST

Warm Biscuit

##### LUNCH

Crispy Tacos  
Shredded Romaine & Tomato Salad  
Refried Beans

#### FRIDAY

3

##### BREAKFAST

Banana Muffin

##### LUNCH

Pizza  
Fresh Broccoli w/ Ranch

6

##### BREAKFAST

Maple Waffle Sandwich

##### LUNCH

Cheeseburger or Hamburger  
Curly Fries  
Deluxe Deli Salad

7

##### BREAKFAST

Blueberry Muffin Top

##### LUNCH

Spiced Chicken Pita  
Cucumber Tomato Edamame Salad

8

##### BREAKFAST

Bagel

##### LUNCH

Crunchy Chicken Drumsticks  
Honey Wheat Roll  
Roasted Zucchini Slices

9

##### BREAKFAST

Breakfast Pizza

##### LUNCH

Spaghetti & Meatballs  
Marinara Sauce  
Cucumber with Ranch

10

##### BREAKFAST

Sausage, Egg & Cheese English Muffin

##### LUNCH

Chicken or Fish Dippers  
Honey Wheat Roll  
Sweet Potato Puffs

13

##### BREAKFAST

Pancake on a Stick

##### LUNCH

Veggie Pizza  
Roasted Ranch Cauliflower w/ Buffalo  
Sauce

14

##### BREAKFAST

Yogurt Cup w/ Graham Cracker

##### LUNCH

Fish & Chips

15

##### BREAKFAST

Turkey, Egg and Cheese Croissant

##### LUNCH

Mandarin Chicken  
Brown Rice  
Roasted Broccoli & Mushroom

16

##### BREAKFAST

Strawberry or Apple Cinnamon Bar w/  
Yogurt

##### LUNCH

Turkey Hot Dog  
Vegetarian Baked Beans

17

##### BREAKFAST

French Toast

##### LUNCH

Crispy Chicken or Fish Sandwich  
Parmesan Carrot Fries

20

Bad Weather Day  
No Class

21

##### BREAKFAST

Snack' N Waffles

##### LUNCH

Cincinnati Chili  
Corn & Red Bell Pepper Salad

22

##### BREAKFAST

Yogurt w/ Graham Cracker

##### LUNCH

Creamy Penne Alfredo  
Parmesan Peas

23

##### BREAKFAST

Warm Biscuit

##### LUNCH

Crispy Beef Tacos  
Refried Beans  
Shredded Romaine & Tomato Salad

24

##### BREAKFAST

Banana Nut Muffin Tops

##### LUNCH

Pizza  
Fresh Broccoli w/ Ranch

27

##### BREAKFAST

Maple Waffle Sandwich

##### LUNCH

Cheeseburger or Hamburger  
Curly Fries  
Deluxe Deli Salad

28

##### BREAKFAST

Blueberry Muffin Top

##### LUNCH

Spiced Chicken Pita  
Cucumber Tomato Edamame Salad



#### 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.