



FEBRUARY



Middle and High

Monday	Tuesday	Wednesday	Thursday	Friday
1 FISH SANDWICH 38g Slaw 8g, Tarter Sauce 4g Broccoli Cheese Soup 20g Carrots with Dip 2g Apple 19g Peach Slices 17g	2 MAC N CHEESE W/ LITTLE SMOKIES 28g Pinto beans 20g Cabbage, Onions 7g Stewed Tomatoes 5g Cornbread 32g Grapes 16g Mixed fruit 17g	3 HARD OR SOFT TACO 26g Lettuce, Tomatoes 2g Salsa 4g, Sour Cream 2g, Cheese 0g, Beans & Rice 42g Corn 16g Banana 27g Mandarin Oranges 19g	4 SANTA FE CHICKEN PASTA 36g WITH BREAD STICK 19g Tossed Salad 5g Corn 16g Applesauce 30g Kiwi 9g	5 BREAKFAST FOR LUNCH Egg 23g, Chicken 29g, Sausage 26g, Steak 30g, Pancakes 28g or Gravy Biscuit 32g Tater Tots 20g Spiced Apples 31g Orange Slices 15g
8 GRILLED CHEESE 34g Tomato Soup 17g Seasoned Wedges 18g Fruit Cocktail 17g Orange 15g	9 BAKED ZITI 38g W/ BREAD STICK 19g Tossed Salad 5g Green Peas 10g Frozen Fruit Cup 28g Banana 27g	10 BEEF 21g OR BEAN & CHEESE 27g CHALUPA With Sour Cream 2g and Salsa 4g Whole Kernel Corn 16g Peach Cup 17g Seedless Grapes 16g	11 SWEET AND SOUR CHICKEN W/ RICE 82g Steamed Broccoli 7g Fortune Cookie 7g Pineapple 19g NC Apple Slices 19g	12 GRILLED CHICKEN FILET SANDWICH 25g Lettuce, Tomato, 2g Roasted NC Sweet Potatoes 21g Apricots 16g Kiwi 9g
15 MAC N CHEESE W/ LITTLE SMOKIES 28g Pinto beans 20g Cabbage, Onions 7g Stewed Tomatoes 5g Cornbread 32g Grapes 16g Mixed fruit 17g	16 BREAKFAST FOR LUNCH Egg 23g, Chicken 29g, Sausage 26g, Steak 30g, Pancakes 28g or Gravy Biscuit 32g Tater Tots 20g Spiced Apples 31g Orange Slices 15g	17 TURKEY POT PIE w/ Mixed Veggies 30g Baked NC Sweet Potato 21g Sliced Peaches 17g Fresh Kiwi 9g	18 GRILLED CHEESE 34g AND VEGGIE BEEF SOUP 11g Seasoned Wedges 18g Applesauce 17g Red Apple 19g	19 CHICKEN SALAD WRAP 42g Tossed Salad 5g Corn on the Cob 20g Apricots 16g Banana 27g
22 CHICKEN ALFREDO W/ BROCCOLI 33g AND BREAD STICK 19g Cucumbers and Carrots w/ dip 11g Fruit Cocktail 17g Banana 27g	23 PORK ROAST W/ GRAVY 31g AND ROLL 30g Green Beans 5g Mashed Potato 15g Pineapple 19g Orange Wedges 15g	24 CHEESE QUESADILLA 32g w/ Salsa 4g and Sour Cream 2g Cream of Broccoli Soup 20g Pinto Beans 20g Frozen Fruit Cup 28g Apple 19g	25 BBQ DINNER 12g W/ Hushpuppies 18g Vegetarian Beans 26g NC Roasted Sweet Potatoes 21g Cole Slaw 8g Seedless Grapes 16g Pears 21g	26 SEAFOOD BASKET 30g W/ HUSHPUPPIES 18g Cole Slaw 2g Whole Kernel Corn 16g Cherries 23g Kiwi 9g

Menu subject to change without notice. Carb count is shown in red
 CHOICE OF MILK OR JUICE
 "This is an equal opportunity provider."