



February SFSP K-12 Hybrid Combo A Lunch Menu (with options for In-School (Hot, Hot Vegetarian & Cold) & Virtual (Cold Distant Bundle))

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Lunch	1 Julcy Mozzarella Burger WG Bun & Ketchup Cool Ranch Doritos Steamed Sweet Corn Fruit of the Day / Milk (OVS)	2 Golden Chicken Tenders Ranch Dip Mini Goldfish Crackers Steamed Green Beans Fruit of the Day / Milk (OVS)	3 Cheesy Quesadilla Steamed Corn Fruit of the Day Elf Grahams Milk (OVS)	4 Sesame Chicken Steamed Rice Crisp Celery Sticks Fruit of the Day Milk (OVS)	5 Enchilada Pasta Fresh Cilantro Caesar Salad w/ Caesar Dressing Fruit of the Day Milk (OVS)
Bundle Lunch	6 Cheese Bun Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	7 Make Your Own Nachos Chz Cup, String Chz & Corn Chips Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	8 WOW Butter Cup & Bagel Honey Roasted Sun Seeds Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	9 *New* Wrapped Chz Omelette & 2 oz Snack Bread Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	10 Meatballs & Ketchup Nacho Cheese Chips Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)
Hot Lunch	8 Golden Chicken Patty Sandwich WG Bun & Ketchup Baked Cheetos Steamed Mixed Vegetables Fruit of the Day / Milk (OVS)	9 Beef Taco Pasta Bake Penne Pasta, Seasoned Beef Shredded Cheese & Cilantro Steamed Sweet Corn Fruit of the Day / Milk (OVS)	10 Build Your Own TexMex Meatball Wrap Southwest Seasoned Meatballs WG Tortilla, Shredded Cheese Sour Cream & Cholula, Shredd Lettuce Fruit of the Day / Milk (OVS)	11 Brunch Lunch French Toast Sticks & Syrup 100% V Juice Fruit of the Day Milk (OVS)	12 Chicken & Potato Pilaf Steamed Green Beans Fruit of the Day Milk (OVS)
Bundle Lunch	13 Cheese Bun & Cool Ranch Doritos Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	14 Breaded Chicken Patty & Bun Mixed Berry Animal Crackers Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	15 All Beef Hamburger & Bun Nacho Cheese Doritos Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	16 *New* Cheesy Pull-Apart Bread Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	17 4.6 oz Wowbutter & Jelly Sandwich Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)
Hot Lunch	15 Mongolian Meatballs Steamed Rice Baby Carrots & Ranch Fruit of the Day Milk (OVS)	16 Cheddar Chicken Patty Sandwich WG Bun, Breaded Chicken Patty Cheddar Cheese, Ketchup Sweet Corn & Lemon Blueberry Bites Fruit of the Day / Milk (OVS)	17 Brunch Lunch French Toast Sticks, Wild Blueberries Syrup 100% V Juice & Fruit of the Day Milk (OVS)	18 Cheeseburger Ketchup Steamed Corn Fruit of the Day Milk (OVS)	19 Creamy Mac & Cheese Garden Greens Salad & Dressing Fruit of the Day Milk (OVS)
Bundle Lunch	20 Cheese Bun & Nacho Cheese Doritos Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	21 Chicken Corn Dog & Lemon Blueberry Bites Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	22 Italian Calzone Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	23 Bean & Cheese Burrito Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	24 All Beef Hot Dog Kit Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)
Hot Lunch	22 Homemade Southwest Joe WG Bun & Shredded Cheese Steamed Corn Fruit of the Day Milk (OVS)	23 Chicken Taco Wrap WG Tortilla, Crunch Chicken Shredded Cheese, Boom Sauce Creamy Bean Dip & Tortilla Chips Fruit of the Day / Milk (OVS)	24 Old Fashioned Hamburger WG Bun, Ketchup, Mustard & Pickles Cheezits Baby Carrots & Ranch Fruit of the Day / Milk (OVS)	25 Orange Chicken Seasoned Brown Rice Celery Sticks & Dip Fruit of the Day Milk (OVS)	26 Cheeseburger Pasta Bake Steamed Green Beans Fruit of the Day Milk (OVS)
Bundle Lunch	27 Cheese Bun Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	28 Make Your Own Nachos Chz Cup, String Chz & Corn Chips Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	29 WOW Butter Cup & Bagel Cheese Stick Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	30 *New* Cheesy Pull-Apart Bread Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	31 Meatballs & Ketchup Nacho Cheese Chips Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)

Weeks	Vegetarian Lunch Options are Offered Daily (Served with Veggie & Fruit of the Day)*				
I,III,V	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Veg	Garden Burger	Cheese Calzone	Pizza Crunchers w/Italian Dip	Mac & Cheese	Wild Mikes Cheese Bites & Italian Dip
Cold	Cheese Bun	Yogurt Cup, Cheese Stick & Muffin	Wow Butter Cup, Cheese Stick & Bagel	Cheese Sandwich on Wheat Bread	Yogurt Cup, Cheese Stick & Mini Pancake Bag
II,IV,VI	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Veg	Cheese Quesadilla & Cholula	Cheese Lasagna	Stuffed Cheese Bread w/Italian Dip	Bean & Cheese Burrito	Grilled Cheese Sandwich
Cold	Yogurt, Cheese Cubes & Stuffed Cream Cheese Bagel	Cheese Cup, String Cheese & Tortilla	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Hard Cooked Egg & Mini French Toast Bag

5 Shades of Nutrition	Green	Red	Yellow/Orange	White/Brown	Blue/Violet
	Green foods are rich in phytochemicals (lutein & indoles) and offer plenty of fiber. Leafy green vegetables are loaded with anti-oxidants and folates. Romaine Lettuce Kale Spinach Broccoli Okra Mint	Red is a color associated with heart. Lycopene, a phytochemical that gives the red color to food, helps to prevent heart ailments and keeps the arteries healthy. Beets Tomatoes Red Pepper Watermelon Cranberries Cinnamon	Yellow/Orange foods pack beta-carotene, Vitamin A and Vitamin C. Collectively, these nutrients promote healthy vision, cell growth and immune system. Carrots Lemons Pineapple Peaches Ginger Turmeric	These foods pack colorless phytonutrients. Onions and Garlic have great anti-inflammatory properties. Mushrooms boost immunity, with Selenium. Cauliflower Onion/Shallots/Garlic Dates Mushroom Coconut Fennel	These darker color foods contain anthocyanin, a flavonoid that fights cell damage. They also come with vitamin E & C, thus promoting bone health and memory. Blueberries Plums/Prunes Egg Plant Purple Cabbage Purple Grapes Black Olives

*Skim and 1% milk choices offered daily.

*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

February 2021 SFSP K-12 Bag Breakfast Menu No Cereal

	Monday	Tuesday	Wednesday	Thursday	Friday
Week I	1	2	3	4	5
Breakfast	Assorted Cereal Bar (1 item)	Mini French Toast Bag (1 Item)	Mini Cinnis (1 Item)	WG Apple Donut (1 Item)	Assorted Cereal Bar (1 item)
Three items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)
	* Second Item in breakfast could be one of the following: Applesauce, Craisins, Cheese Stick, Cereal Bar (all options are 1 item each) * Chef's Choice may be offered daily				
Week II	8	9	10	11	12
Breakfast	Pop Tart (1 item)	*New* Strawberry Boli Pastry (1 item)	Assorted Cereal Bar (1 item)	Honey Bun (1 Item)	2 oz Assorted Breakfast Bread (1 item)
Three items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)
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Week III	15	16	17	18	19
Breakfast	Assorted Muffin (1 item)	Mini Waffle Bag (1 Item)	Cinnamon Roll (1 Item)	Pop Tart (1 item)	Assorted Cereal Bar (1 Item)
Three items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 item) * Milk (OVS)
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Week IV	22	23	24	25	26
Breakfast	*New* Strawberry Boli Pastry (1 item)	Corn Muffin (1 item)	WG Apple Donut (1 Item)	Mini Cinnis (1 Item)	Assorted Cereal Bar (1 item)
Three items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item) Second Item (1 item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)
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	Green	Red	Yellow/Orange	White/Brown	Blue/Violet
5 Shades of Nutrition	Green foods are rich in phytochemicals (lutein & Indoles) and offer plenty of fiber. Leafy green vegetables are loaded with anti-oxidants and folates.	Red is a color associated with heart. Lycopene, a phytochemical that gives the red color to food, helps to prevent heart ailments and keeps the arteries healthy.	Yellow/Orange foods pack betacarotene, Vitamin A and Vitamin C. Collectively, these nutrients promote healthy vision, cell growth and immune system.	These foods pack colorless phytonutrients. Onions and Garlic have great anti-inflammatory properties. Mushrooms boost immunity, with Selenium.	These darker color foods contain anthocyanin, a flavonoid that fights cell damage. They also come with vitamin E & C, thus promoting bone health and memory.
	Romaine Lettuce Kale Spinach Broccoli Okra Mint	Beets Tomatoes Red Pepper Watermelon Cranberries Cinnamon	Carrots Lemons Pineapple Peaches Ginger Turmeric	Cauliflower Onion/Shallots/Garlic Dates Mushroom Coconut Fennel	Blueberries Plums/Prunes Egg Plant Purple Cabbage Purple Grapes Black Olives

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