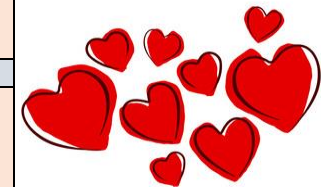
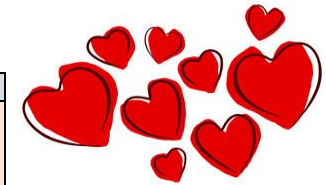


February Lunch

NO FRIED FOODS!!



Monday, February 4, 2019	Tuesday, February 5, 2019	Wednesday, February 6, 2019	Thursday, February 7, 2019	Friday, February 8, 2019
Cheesy Italian Pasta <u>V, EF</u> Peas and Carrots Honey Dew <u>Vegan, DF: Pasta Marinara & Vegan Cheese</u> <u>GF: Entrée w/ GF Pasta</u>	Chicken Pot Pie Wheat Bread Cauliflower Cantaloupe <u>V, Vegan - Tofu Veggie Bowl</u> <u>DF/GF- Chicken Veggie Bowl</u>	Red Pepper Turkey- <u>EF, GF</u> Whole Grain Brown Rice Broccoli Bananas <u>V, Vegan: Tofu w/ DF Sauce</u> <u>DF: Turkey w/ DF Sauce</u>	Mega Mac & Cheese <u>V, EF</u> Green Beans Pineapple <u>GF: GF Pasta w/ GF Sauce</u> <u>Vegan, DF: Cheesy Vegan Pasta</u>	HOK Chicken Salad Wheat Bread Cucumbers Fruit Salad <u>V, Vegan, DF, EF: Sunbutter & Jelly Sandwiches</u> <u>GF: GF Bread</u>
Monday, February 11, 2019	Tuesday, February 12, 2019	Wednesday, February 13, 2019	Thursday, February 14, 2019	Friday, February 15, 2019
Meatball Slider Slider Bun Sliced Carrots Cantaloupe <u>V, Vegan, DF, EF: Tofu Slider</u> <u>Vegan, DF, EF: Wheat Bread</u> <u>GF: Tofu Slider w/GF Bread</u>	Quinoa Penne Marinara <u>V, Vegan, DF, EF</u> Green Beans Bananas <u>GF: Entrée w/ GF Pasta</u>	Turkey Burgers - <u>DF, EF</u> Flatbread Broccoli Pineapple <u>V, Vegan: Veggie Burger</u> <u>GF: GF Bread</u>	Chicken Paella - <u>DF, EF, GF</u> Whole Grain Turmeric Rice Cauliflower Honey Dew <u>V, Vegan: Tofu Paella</u>	Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u>
Monday, February 18, 2019	Tuesday, February 19, 2019	Wednesday, February 20, 2019	Thursday, February 21, 2019	Friday, February 22, 2019
Spaghetti and Meatballs Peas and Carrots Honey Dew <u>V, Vegan, EF, DF:</u> <u>Spaghetti w/ Tofu, Marinara</u> <u>GF: GF Pasta w/ Tofu Marinara</u>	Taco Tuesday!!!! Tortillas Lettuce, Salsa Bananas <u>V, Vegan: Veggie & Bean Taco</u> <u>GF: Entrée with corn tortilla</u> <u>DF, Vegan: Vegan Cheese</u>	Chicken Teriyaki - <u>DF, EF, GF</u> Whole Grain Brown Rice Cauliflower Pineapple <u>V, Vegan: Tofu Teriyaki</u>	Turkey Sloppy Joes - <u>DF, EF</u> Flatbread Broccoli Cantaloupe <u>V, Vegan: Lentil & Bean Sloppy Joe</u> <u>GF: GF Bread</u>	Mama's Bolognese <u>DF, EF</u> Cucumbers Fruit Salad <u>V, Vegan: Pasta w/ Vegetable Ragu</u> <u>GF: Entrée w/ GF Pasta</u>
Monday, February 25, 2019	Tuesday, February 26, 2019	Wednesday, February 27, 2019	Thursday, February 28, 2019	Friday, March 1, 2019
Pasta Alfredo - <u>V, EF</u> Sliced Carrots Cantaloupe <u>DF, Vegan: Pasta Marinara w/ Vegan Cheese</u> <u>GF: GF Pasta Alfredo</u>	Red Pepper Chicken - <u>EF, GF</u> Whole Grain Brown Rice Green Beans Pineapple <u>V, Vegan: Tofu w/ DF Sauce</u> <u>DF: Chicken w/ DF Sauce</u>	Turkey Chili - <u>DF, EF, GF</u> Wheat Bread Broccoli Honey Dew <u>V, Vegan - Three Bean Chili</u> <u>GF: GF Bread</u>	BBQ Chicken - <u>DF, EF, GF</u> Whole Grain Brown Rice Cauliflower Bananas <u>V, Vegan: BBQ Tofu</u>	Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u>