



February Lunch

NO FRIED FOODS!!

Monday, February 3, 2025	Tuesday, February 4, 2025	Wednesday, February 5, 2025	Thursday, February 6, 2025	Friday, February 7, 2025
Pasta w/ Meat Sauce - DF, EF Pasta Sliced Carrots Honeydew <u>V, Vegan: Pasta Marinara Vegan Cheese</u> <u>GF: Entrée w/ GF Pasta</u>	Chicken Chickpea Gyros - EF Pita Bread Broccoli Bananas <u>V, Vegan, DF: Chickpea and Veggie Gyros</u> <u>GF: Whole Grain Brown Rice</u>	Turkey Paella - DF, EF, GF Turmeric Rice Peas and Carrots Cantaloupe <u>V, Vegan: Tofu Paella</u>	Chicken Fajitas - DF, EF Flour Tortillas Cauliflower Pineapple <u>V, Vegan: Bean Fajitas</u> <u>GF: Corn Tortilla</u>	Italian Meatball Sub Mini Hoagie Green Beans Fruit Salad <u>V, Vegan, DF, EF, GF: Veggie Meatball Sub</u> <u>GF: Whole Grain Brown Rice</u>
Monday, February 10, 2025	Tuesday, February 11, 2025	Wednesday, February 12, 2025	Thursday, February 13, 2025	Friday, February 14, 2025
Mega Mac & Cheese - V, EF Pasta Peas and Carrots Honeydew <u>GF: GF Pasta w/ Cheese Sauce</u> <u>Vegan, DF: Cheesy Vegan Pasta</u>	Taco Tuesday! - EF Flour Tortillas Lettuce, Salsa Bananas <u>V, Vegan: Veggie & Bean Taco</u> <u>GF: Corn Tortilla</u>	BBQ Chicken Quinoa - DF, EF Dinner Roll Broccoli Cantaloupe <u>V, Vegan: BBQ Tofu</u> <u>GF: Whole Grain Brown Rice</u>	Turkey Meatloaf - EF, GF Wheat Bread Sliced Carrots Pears <u>V, Vegan, DF - Veggie Patty</u> <u>GF: Gluten Free Bread</u>	Pizza Day - V, EF 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 17, 2025	Tuesday, February 18, 2025	Wednesday, February 19, 2025	Thursday, February 20, 2025	Friday, February 21, 2025
Pasta Fagioli - V, Vegan, DF, EF (Parmesan Cheese on the Side) Sliced Carrots Cantaloupe <u>GF: Entrée w/ GF Pasta</u>	Cheesy Chicken Broccoli - EF, GF Whole Grain Brown Rice Broccoli Bananas <u>DF: DF Chicken Broccoli Casserole</u> <u>V, Vegan: Tofu Broccoli Casserole</u>	Turkey Lentil Sloppy Joes - DF, EF Dinner Roll Cauliflower Honeydew <u>V, Vegan: Lentil & Bean Sloppy Joe</u> <u>GF: White Rice</u>	Cheesy Chicken Philly - EF Mini Hoagie Peas and Carrots Pears <u>DF: DF Chicken Philly</u> <u>V, Vegan: White Bean Philly</u> <u>GF: White Rice</u>	Pepperoni Pizza Pasta - EF Pasta Green Beans Fruit Salad <u>V, Vegan, DF: Veggie Pizza Pasta</u> <u>GF: GF Pepperoni Pizza Pasta</u>
Monday, February 24, 2025	Tuesday, February 25, 2025	Wednesday, February 26, 2025	Thursday, February 27, 2025	Friday, February 28, 2025
Swedish Meatballs Wheat Bread Peas and Carrots Cantaloupe <u>V, Vegan, DF, EF, GF: Veggie Meatballs</u> <u>GF: Gluten Free Bread</u>	HOK Hearty Turkey Chili - DF, EF White Rice Carrots, Peppers, Onions Bananas <u>V, Vegan: Three Bean Chili</u> <u>GF: Gluten Free Bread</u>	Pasta Alfredo - V, EF Pasta Broccoli Honeydew <u>DF, Vegan: Pasta Marinara Vegan Cheese</u> <u>GF: GF Pasta Alfredo</u>	Red Pepper Turkey - EF, GF Whole Grain Brown Rice Cauliflower Pineapple <u>V, Vegan: Tofu w/ DF Sauce</u> <u>DF: Turkey w/ DF Sauce</u>	Pizza Day - V, EF 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>