

UNITY JUNIOR HIGH SCHOOL

L2SB - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
February 3, 2020	February 4, 2020	February 5, 2020	February 6, 2020	February 7, 2020
CHICKEN RANCH FLATBREAD ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Corn Applesauce Cup Choice of Milk	TOASTY TUESDAY** 3 CHEESE PANINI ^ CRUNCHY CHICKEN TENDERS ^ Tomato Soup^ Salad Bar Selections Romaine Salad Pickle Chips Crunchy Celery Sticks Light Ranch Dressing Diced Pears BBQ Sauce Ketchup Choice of Milk	CHICKEN DRUMSTICK Corn Muffin ^ CHARBROILED HAMBURGER Hamburger Bun ^ Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Fresh Orange BBQ Sauce Mustard Ketchup Choice of Milk	CHEESY TACO MEAT Tortilla Chips ^ HOT DOG Hot Dog Bun ^ Salad Bar Selections Romaine Salad Jalapenos Cucumber Coins Light Italian Dressing Sliced Apples Mustard Ketchup Choice of Milk	PANCAKES & SAUSAGE ^ CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Sun Splash Veggie Juice Crunchy Celery Sticks Light Ranch Dressing Diced Peaches Syrup BBQ Sauce Choice of Milk
February 10, 2020	February 11, 2020	February 12, 2020	February 13, 2020	February 14, 2020
PARMESAN POPCORN CHICKEN & PASTA ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Corn Applesauce Cup Choice of Milk	FRENCH BREAD CHEESE PIZZA CRUNCHY CHICKEN TENDERS ^ Salad Bar Selections Shredded Lettuce Jalapenos Carrot Sticks Light Ranch Dressing Diced Peaches Mustard BBQ Sauce Ketchup Choice of Milk	TURKEY & CHEESE ON A HOAGIE BUN Light Mayonnaise Sun Splash Veggie Juice Fresh Baby Carrots Light Ranch Dressing Diced Pears Cheddar Sun Chips ^ Choice of Milk	MEATLOAF PANINI ^ HOT DOG Hot Dog Bun ^ Maple Baked Beans Salad Bar Selections Romaine Salad Crunchy Celery Sticks Carrot Sticks Fat Free Ranch Dressing Mustard Ketchup Choice of Milk	Light Ranch Dressing Fresh Banana Mustard Ketchup Choice of Milk GENERAL TSO'S CHICKEN & NOODLES ^ CHARBROILED HAMBURGER Hamburger Bun ^ Broccoli Fresh Baby Carrots
February 17, 2020	February 18, 2020	February 19, 2020	February 20, 2020	February 21, 2020
PRESIDENTS DAY	MAC & CHEESE ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Country Blend Vegetables Applesauce Cup Choice of Milk	BEAN & CHEESE BURRITO ^ CHARBROILED HAMBURGER Hamburger Bun ^ Whole Kernel Corn Fresh Baby Carrots Light Ranch Dressing Fresh Pear Salsa Mustard Ketchup Choice of Milk	CHICKEN STRIPS W/SWEET POTATO FRIES ^ HOT DOG Hot Dog Bun ^ Salad Bar Selections Romaine Salad Broccoli Florets Cauliflower Florets Light Ranch Dressing Fresh Orange BBQ Sauce Mustard Ketchup Choice of Milk	HOMESTYLE SALISBURY STEAK W/GRAVY CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Mashed Potatoes Crunchy Celery Sticks Light Ranch Dressing Diced Peaches BBQ Sauce Choice of Milk
February 24, 2020	February 25, 2020	February 26, 2020	February 27, 2020	February 28, 2020
PENNE PASTA W/MEAT SAUCE ^ Breadstick ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Mixed Fruit Cup Choice of Milk	CHICKEN TACO CRUNCHY CHICKEN TENDERS ^ Salad Bar Selections Romaine Salad Green Pepper Slices Jalapenos Light French Dressing Diced Pears Wild White Nacho Doritos^ BBQ Sauce Ketchup Choice of Milk	CHEESE PIZZA CHARBROILED HAMBURGER Hamburger Bun ^ Fresh Baby Carrots Romaine Salad Light Ranch Dressing Orange Juice Mustard Ketchup Choice of Milk	CHICKEN NUGGETS ^ HOT DOG Hot Dog Bun ^ Maple Baked Beans Salad Bar Selections Romaine Salad Diced Tomatoes Pickle Chips Light Italian Dressing Fresh Apple Mustard BBQ Sauce Ketchup Choice of Milk	VEGETARIAN BURGER CRISPY CHICKEN PATTY ^ Hamburger Bun ^ French Fries Fresh Banana Chipotle Ranch Ketchup Choice of Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Nutritional Information: UNITY EAST JUNIOR HIGH SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
02-03-2020																
	CHICKEN RANCH FLATBREAD ^	341	14	6	0	41	701	32	2	3	21	88	1	420	3	MMA:2oz G/B:2sv WG
	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Corn	112	1	0	0	0	0	26	2	4	4	0	0	5	0	V:3/4c S
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-04-2020																
	TOASTY TUESDAY**	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	3 CHEESE PANINI ^	278	13	7	0	35	658	28	2	3	15	38	0	313	2	MMA:1.5oz G/B:2sv WG
	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	Tomato Soup^	226	12	2	0	1	633	25	1	5	4	0	0	49	1	G/B:0.5sv WG V:1/2c RO
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	Crunchy Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-05-2020																
	CHICKEN DRUMSTICK	160	10	2	0	90	320	2	0	0	16	0	0	0	1	MMA:2.5oz
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	CHARBROILED HAMBURGER	123	6	1	0	33	221	2	0	0	15	3	0	23	1	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO

	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-11-2020																
	FRENCH BREAD CHEESE PIZZA	308	11	5	0	23	744	36	1	4	17	69	0	367	2	MMA:1.5oz G/B:2sv V:1/4c RO
	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Shredded Lettuce	4	0	0	0	0	3	1	0	1	0	7	1	6	0	V:1/4c O
	Jalapenos	5	0	0	0	0	394	1	1	1	0	39	5	26	0	V:1/4c O
	Carrot Sticks	12	0	0	0	0	20	3	1	1	12	246	2	10	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-12-2020																
	TURKEY & CHEESE ON A HOAGIE BUN	255	6	3	0	35	605	32	3	3	21	90	0	250	2	MMA:2oz G/B:2sv WG
	Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0	
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Cheddar Sun Chips ^	140	6	1	0	0	210	18	2	2	2	0	0	0	0	G/B:1.25sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-13-2020																
	MEATLOAF PANINI ^	306	10	4	0	38	580	33	6	4	25	0	1	211	4	MMA:2oz G/B:2sv WG
	HOT DOG	110	9	4	0	25	360	2	0	1	4	0	0	0	1	MMA:1.5oz
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Maple Baked Beans	192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Crunchy Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O

	Carrot Sticks	12	0	0	0	0	20	3	1	1	12	246	2	10	0	V:1/4c RO
	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-14-2020																
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	GENERAL TSO'S CHICKEN & NOODLES ^	383	15	3	0	22	981	44	5	16	19	39	0	9	3	MMA:2oz G/B:1.5sv WG
	CHARBROILED HAMBURGER	123	6	1	0	33	221	2	0	0	15	3	0	23	1	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO
7																
	PRESIDENTS DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
02-18-2020																
	MAC & CHEESE ^	359	14	8	0	37	828	39	2	9	24	13	0	458	1	MMA:2oz G/B:1sv WG
	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Country Blend Vegetables	72	1	0	0	0	33	16	3	4	2	396	8	33	0	V:1/4c S V:1/2c O
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-19-2020																
	BEAN & CHEESE BURRITO ^	309	11	5	0	20	442	39	5	2	14	16	1	201	3	MMA:2oz G/B:2.25sv WG
	CHARBROILED HAMBURGER	123	6	1	0	33	221	2	0	0	15	3	0	23	1	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Whole Kernel Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Salsa	5	0	0	0	0	95	1	0	0	0	0	0	0	0	

	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0			
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0			
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
02-20-2020																	
	CHICKEN STRIPS W/SWEET POTATO FRIES ^	322	17	3	0	25	484	25	5	4	16	577	1	10	2	MMA:2oz G/B:1sv WG V:1/4c RO	
	HOT DOG	110	9	4	0	25	360	2	0	1	4	0	0	0	1	MMA:1.5oz	
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG	
	Broccoli Florets	9	0	0	0	0	8	2	0	0	1	47	29	15	0	V:1/2c DG	
	Cauliflower Florets	9	0	0	0	0	11	2	1	1	1	0	18	8	0	V:1/4c O	
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0		
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0		
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0		
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
	02-21-2020																
HOMESTYLE SALISBURY STEAK W/GRAVY		222	14	6	0	45	444	7	2	1	17	9	2	41	2	MMA:2oz	
CRISPY CHICKEN PATTY ^		240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG	
Hamburger Bun ^		140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	
Mashed Potatoes		123	5	1	0	0	304	17	1	1	3	0	59	39	0	V:1/2c S	
Crunchy Celery Sticks		5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O	
Light Ranch Dressing		30	2	0	0	5	55	2	0	1	0	0	0	0	0		
Diced Peaches		55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c	
BBQ Sauce		25	0	0	0	0	50	7	0	4	0	0	0	0	0		
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0			
02-24-2020																	
	PENNE PASTA W/MEAT SAUCE ^	323	12	4	0	35	503	39	4	8	18	69	0	72	3	MMA:2oz G/B:1sv WG V:3/4c RO	
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG	
	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG	
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO	
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O	
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c	

	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-25-2020																
	CHICKEN TACO	123	5	2	0	45	417	6	0	1	14	124	2	68	1	MMA:2oz V:1/4c RO
	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0		
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Green Pepper Slices	15	0	0	0	0	2	4	1	2	1	14	61	8	0	V:1/4c O
	Jalapenos	5	0	0	0	0	394	1	1	1	0	39	5	26	0	V:1/4c O
	Light French Dressing	10	0	0	0	0	140	4	0	3	0	0	0	0	0	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Wild White Nacho Doritos^	130	5	1	0	0	170	20	2	0	2	0	0	40	0	G/B:1.5sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-26-2020																
	CHEESE PIZZA	298	10	5	0	23	724	36	2	3	17	69	0	406	2	MMA:1.5oz G/B:2sv V:1/4c RO
	CHARBROILED HAMBURGER	123	6	1	0	33	221	2	0	0	15	3	0	23	1	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	02-27-2020															
CHICKEN NUGGETS ^		225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz G/B:1sv WG
HOT DOG		110	9	4	0	25	360	2	0	1	4	0	0	0	1	MMA:1.5oz
Hot Dog Bun ^		110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
Maple Baked Beans		192	1	0	0	0	284	37	7	8	10	1	0	76	3	V:1/2c L
Salad Bar Selections		0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Romaine Salad		5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
Diced Tomatoes		5	0	0	0	0	1	1	0	1	0	11	4	3	0	V:1/8c RO

	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-28-2020	VEGETARIAN BURGER	140	4	0	0	0	420	9	3	3	16	0	0	60	1	MMA:2oz
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	French Fries	155	6	1	0	0	45	24	0	0	2	0	10	0	0	V:3/4c S
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Chipotle Ranch	30	2	0	0	5	55	2	0	1	0	30	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

Allergen Information: UNITY EAST JUNIOR HIGH SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02-03-2020									
	CHICKEN RANCH FLATBREAD ^	X						X	X
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Corn								
	Applesauce Cup								
	Choice of Milk	X							
02-04-2020									
	TOASTY TUESDAY**								
	3 CHEESE PANINI ^	X						X	X
	CRUNCHY CHICKEN TENDERS ^							X	X
	Tomato Soup^	X						X	X
	Salad Bar Selections								
	Romaine Salad								
	Pickle Chips								
	Crunchy Celery Sticks								
	Light Ranch Dressing	X	X					X	
	Diced Pears								
	BBQ Sauce							X	
	Ketchup								
	Choice of Milk	X							
02-05-2020									
	CHICKEN DRUMSTICK								
	Corn Muffin ^								X
	CHARBROILED HAMBURGER							X	
	Hamburger Bun ^	X						X	X

	Maple Baked Beans							
	Fresh Baby Carrots							
	Light Ranch Dressing	X	X				X	
	Fresh Orange							
	BBQ Sauce						X	
	Mustard							
	Ketchup							
	Choice of Milk	X						
02-06-2020								
	CHEESY TACO MEAT	X					X	
	Tortilla Chips ^							
	HOT DOG							
	Hot Dog Bun ^	X					X	X
	Salad Bar Selections							
	Romaine Salad							
	Jalapenos							
	Cucumber Coins							
	Light Italian Dressing						X	
	Sliced Apples							
	Mustard							
	Ketchup							
	Choice of Milk	X						
02-07-2020								
	PANCAKES & SAUSAGE ^	X	X				X	X
	CRISPY CHICKEN PATTY ^						X	X
	Hamburger Bun ^	X					X	X
	Sun Splash Veggie Juice							
	Crunchy Celery Sticks							
	Light Ranch Dressing	X	X				X	
	Diced Peaches							
	Syrup							
	BBQ Sauce						X	

	Choice of Milk	X							
02-10-2020									
	PARMESAN POPCORN CHICKEN & PASTA ^	X						X	X
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Corn								
	Applesauce Cup								
	Choice of Milk	X							
02-11-2020									
	FRENCH BREAD CHEESE PIZZA	X							X
	CRUNCHY CHICKEN TENDERS ^							X	X
	Salad Bar Selections								
	Shredded Lettuce								
	Jalapenos								
	Carrot Sticks								
	Light Ranch Dressing	X	X					X	
	Diced Peaches								
	Mustard								
	BBQ Sauce							X	
	Ketchup								
	Choice of Milk	X							
02-12-2020									
	TURKEY & CHEESE ON A HOAGIE BUN	X						X	X
	Light Mayonnaise		X					X	
	Sun Splash Veggie Juice								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X					X	
	Diced Pears								
	Cheddar Sun Chips ^	X							X
	Choice of Milk	X							
02-13-2									
	MEATLOAF PANINI ^	X						X	X

	Diced Peaches								
	BBQ Sauce							X	
	Choice of Milk	X							
02-24-2020									
	PENNE PASTA W/MEAT SAUCE ^	X						X	X
	Breadstick ^							X	X
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Green Beans								
	Mixed Fruit Cup								
	Choice of Milk	X							
02-25-2020									
	CHICKEN TACO	X							
	CRUNCHY CHICKEN TENDERS ^							X	X
	Salad Bar Selections								
	Romaine Salad								
	Green Pepper Slices								
	Jalapenos								
	Light French Dressing							X	
	Diced Pears								
	Wild White Nacho Doritos^	X							
	BBQ Sauce							X	
	Ketchup								
	Choice of Milk	X							
02-26-2020									
	CHEESE PIZZA	X							X
	CHARBROILED HAMBURGER							X	
	Hamburger Bun ^	X						X	X
	Fresh Baby Carrots								
	Romaine Salad								
	Light Ranch Dressing	X	X					X	
	Orange Juice								

	Mustard								
	Ketchup								
	Choice of Milk	X							
02-27-2020									
	CHICKEN NUGGETS ^							X	X
	HOT DOG								
	Hot Dog Bun ^	X						X	X
	Maple Baked Beans								
	Salad Bar Selections								
	Romaine Salad								
	Diced Tomatoes								
	Pickle Chips								
	Light Italian Dressing							X	
	Fresh Apple								
	Mustard								
	BBQ Sauce							X	
	Ketchup								
	Choice of Milk	X							
02-28-2020									
	VEGETARIAN BURGER							X	X
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X
	French Fries							X	
	Fresh Banana								
	Chipotle Ranch	X	X						
	Ketchup								
	Choice of Milk	X							