Lunch 24/25

February 2025

MONDAY

Lunch 24/25

FRIDAY

3 Entree

Tuna fish sanwich

Vegetables

Baked potato Lettuce Baby carrots Red bell pepper Cucumber Slices French Fries (3/4 cup)

Fruit

Fresh Banana

Milk 1% Milk

Fat Free Chocolate Milk

Misc.

Butter Pat

Shredded Cheddar Cheese

Sour cream Ranch dressing Balsamic dressing

Shredded chicken taco

TUESDAY

Vegetables Baked potato Lettuce Baby carrots Red bell pepper Cucumber Slices Refried Beans

Fruit Apple

Grains Brown rice

Milk 1% Milk

Fat Free Chocolate Milk

Misc. Butter Pat

Shredded Cheddar Cheese Sour cream

Ranch dressing Balsamic dressing WEDNESDAY

Entree Sweet and sour pork

5

Vegetables Cucumber Slices Baked potato Red bell pepper Baby carrots

Coleslaw, oil and vinegar based

Pears Grains

Lettuce

Fruit

Brown rice Milk

1% Milk Fat Free Chocolate Milk

Misc.

Shredded Cheddar Cheese

Sour cream Butter Pat Ranch dressing Balsamic dressing THURSDAY

6 Entree

Chicken to mein

Vegetables Cucumber Slices Baked potato Red bell pepper Baby carrots Lettuce

Fruit Fresh Oranges

Milk 1% Milk

Peas

Fat Free Chocolate Milk

Misc.

Shredded Cheddar Cheese

Sour cream **Butter Pat** Ranch dressing Balsamic dressing 7

Entree

Housemade cheese pizza

Vegetables Baked notato Lettuce

Baby carrots Red bell pepper Cucumber Slices Fresh Kale

Fruit Apple

Milk 1% Milk

Fat Free Chocolate Milk

Butter Pat

Shredded Cheddar Cheese Sour cream

Ranch dressing Balsamic dressing

10

Lincoles day

11

Entree

Pork Carnitas Street Tacos

Vegetables Baked potato Pinto beans Lettuce Baby carrots Cucumber Slices

Red bell pepper Fruit Apple

Grains Brown rice

Milk 1% Milk

Fat Free Chocolate Milk

12 Entree

Baked tofu

Vegetables

Baked potato Lettuce Baby carrots Cucumber Slices Lentils

Red bell pepper Fruit

Fresh Banana Grains

Brown rice Milk

1% Milk

Fat Free Chocolate Milk

13 Entree

Spaghetti with olive oil and garlic

Vegetables

Baked potato Whole Kernal Corn Lettuce Baby carrols Cucumber Slices Red bell pepper

Fruit

Fresh Oranges

Milk

1% Milk Fat Free Chocolate Milk

Misc.

Cottage Cheese

14

Entree

Housemade cheese pizza

Vegetables

Baked potato Cucumber Slices Lettuce Baby carrots

Red bell pepper Fruit Apple

Milk 1% Milk

Fat Free Chocolate Milk

17

18 Entree

Bean & Cheese Burrito

Vegetables Baked potato Lettuce Baby carrots Red bell pepper Cucumber Slices

Fruit Apple Grains

Brown rice Milk

1% Milk Fat Free Chocolate Milk

Misc.

19 Entree

Yogurt and granola

Vegetables Cucumber Slices Baked potato Red bell pepper Baby carrots Lettuce

Seasoned Oven Roasted Potatoes Fruit

Fresh Grapes Milk 1% Milk

Fat Free Chocolate Milk Misc.

Shredded Cheddar Cheese

20 Entree

Baked Penne Pasta

Vegetables Cucumber Slices Baked polato Red bell pepper Baby carrots Lettuce

Whole Kernal Corn Fruit Fresh Oranges

Milk 1% Milk

Fat Free Chocolate Milk

Shredded Cheddar Cheese Sour cream

21 Entree

Pizza, cheese, house recipe

Vegetables Baked potato Lettuce Baby carrots Red bell pepper Cucumber Slices

Peas Fruit Apple Milk

1% Milk Fat Free Chocolate Milk

Misc.

Shredded Cheddar Cheese Sour cream

Menus > 77874 | Health-e Pro Menu Planning

Butter Pat
Shredded Cheddar Cheese

Sour cream Ranch dressing Balsamic dressing Butter Pat
Ranch dressing
Balsamic dressing

Butter Pat Ranch dressing Balsamic dressing Ranch dressing Balsamic dressing

24 Entree

LIMEE

BBQ Chicken Roasted Drumsticks

Vegetables

Baked potato
Lettuce

Baby carrots
Red bell pepper
Cucumber Slices
Mashed Potatoes

Fruit Fresh Banana

Grains
Cornbread

Milk 1% Milk

Fat Free Chocolate Milk

Butter Pal Shredded Cheddar Cheese

Sour cream Ranch dressing Balsamic dressing 25 Entree

Nachos with Ground Beef

Vegetables

Baked potato
Lettuce
Baby carrots
Red bell pepper
Cucumber Slices
Refried Beans

Fruit
Apple
Milk

1% Milk Fat Free Chocolate Milk

Misc.
Butter Pat

Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing Guacamole 26 Entree

Loaded Baked Potato Soup

Vegetables
Cucumber Slices
Baked potato
Red bell pepper
Baby carrots
Lettuce

Fruit
Pineapple Tidbits

Grains Soft baked pretzel

Milk 1% Milk

Fat Free Chocolate Milk

Misc.

Shredded Cheddar Cheese Sour cream Butter Pat Ranch dressing Balsamic dressing 27 Entree

Spaghetti with olive oil and garlic

Vegetables
Cucumber Slices
Baked potato
Red bell pepper
Baby carrots
Lettuce
Whole Kernal Corn

Fruit Fresh Oranges

Milk

Misc.

1% Milk

Fat Free Chocolate Milk

Shredded Cheddar Cheese Sour cream

Butter Pat
Ranch dressing
Balsamic dressing

28 Entree

Housemade cheese pizza

Vegetables

Baked potato
Lettuce
Baby carrots
Red bell pepper
Cucumber Slices
Broccoli Florets

Fruit Apple Milk

1% Milk

Fat Free Chocolate Milk

Misc. Butter Pat

Shredded Cheddar Cheese Sour cream

Ranch dressing
Balsamic dressing

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