

February 2023

Capitol

MONDAY 31	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
Cheerios, WG, 1 c Pears, 1/2 c SW Beef with Corn Chips, 1/4 cup Green Beans, 1/2 cup Roasted Swt Potato, 1/2 c & 3/4 c Corn Chips, 10-11 each WG Pears, 1/2 cup & 1 c	Cheerios, WG, 1 c Peaches, 1/2 c Roasted Chicken, 3 oz spoodle Corn, 1/2 cup Cabbage, 1/2 cup Brown Rice WG, 1 c Mandarin Oranges, 1/2 cup & 1 c	Kix Cereal, 1.25 cup WG Fruit Cocktail, 1/2 c Turkey Corn Dogs, 6 each Baked Beans, 1/2 cup Green Peas, 1/2 cup Grain on Corn Dog Nuggets WG Diced Peaches, 1/2 cup & 1 c	Rice Chex WG, 1.25 c Applesauce, 1/2 c BBQ Chicken, 3 oz Spoodle Green Beans, 1/2 cup Parsley Potatoes, 1/2 c Brown Rice WG, 1 c Fruit Cocktail, 1/2 cup & 1 c	Rice Chex WG, 1.25 c Pineapple, 1/2 c Hamburger, Beef, 1 each Broccoli, 1/2 cup Carrots, 1/2 c & 3/4 c Hamburger Bun, 1 each WG Applesauce, 1/2 cup & 1 c
Cheerios, WG, 1 c Pears, 1/2 c Teriyaki Chicken, 3 oz Spoodle Corn, 1/2 cup Green Beans, 1/2 cup Brown Rice WG, 1 c Pineapple, Grsh, 1/2 c & 1 c	Cheerios, WG, 1 c Peaches, 1/2 c Chicken Nuggets, 5 each Broccoli, 1/2 cup Baked Beans, 1/2 cup Roll WG, 1 ea & 2 ea Pears, 1/2 c & 1 c	Kix Cereal, 1.25 cup WG Fruit Cocktail, 1/2 c Hot Dog, Turkey, 1 each Corn, 1/2 cup Glazed Carrots, 1/2 c & 3/4 c Ht Dog Bun, 1 ea WG (+1oz Roll 9-12) Mandarin Oranges, 1/2 c & 1 c	Rice Chex WG, 1.25 c Applesauce, 1/2 c Sweet & Sour Chix, 3 oz spoodle Green Peas, 1/2 cup Roasted Potatoes, 1/2 cup Brown Rice WG, 1 c Peaches, 1/2 c & 1 c	Rice Chex WG, 1.25 c Pineapple, 1/2 c BBQ Meatballs, 8 each Green Beans, 1/2 cup Roasted Swt Potato, 1/2 c & 3/4 c Brown Rice WG, 1 c Fruit Cocktail, 1/2 c & 1 c
Cheerios, WG, 1 c Pears, 1/2 c SW Beef with Corn Chips, 1/4 cup Green Beans, 1/2 cup Roasted Swt Potato, 1/2 c & 3/4 c Corn Chips, 10-11 each WG Pears, 1/2 cup & 1 c	Cheerios, WG, 1 c Peaches, 1/2 c Roasted Chicken, 3 oz spoodle Corn, 1/2 cup Cabbage, 1/2 cup Brown Rice WG, 1 c Mandarin Oranges, 1/2 cup & 1 c	Kix Cereal, 1.25 cup WG Fruit Cocktail, 1/2 c Turkey Corn Dogs, 6 each Baked Beans, 1/2 cup Green Peas, 1/2 cup Grain on Corn Dog Nuggets WG Diced Peaches, 1/2 cup & 1 c	Rice Chex WG, 1.25 c Applesauce, 1/2 c BBQ Chicken, 3 oz Spoodle Green Beans, 1/2 cup Parsley Potatoes, 1/2 c Brown Rice WG, 1 c Fruit Cocktail, 1/2 cup & 1 c	Rice Chex WG, 1.25 c Pineapple, 1/2 c Hamburger, Beef, 1 each Broccoli, 1/2 cup Carrots, 1/2 c & 3/4 c Hamburger Bun, 1 each WG Applesauce, 1/2 cup & 1 c
Cheerios, WG, 1 c Pears, 1/2 c SW Beef with Corn Chips, 1/4 cup Green Beans, 1/2 cup Roasted Swt Potato, 1/2 c & 3/4 c Corn Chips, 10-11 each WG Pears, 1/2 cup & 1 c	Cheerios, WG, 1 c Peaches, 1/2 c Roasted Chicken, 3 oz spoodle Corn, 1/2 cup Cabbage, 1/2 cup Brown Rice WG, 1 c Mandarin Oranges, 1/2 cup & 1 c	Kix Cereal, 1.25 cup WG Fruit Cocktail, 1/2 c Turkey Corn Dogs, 6 each Baked Beans, 1/2 cup Green Peas, 1/2 cup Grain on Corn Dog Nuggets WG Diced Peaches, 1/2 cup & 1 c	Rice Chex WG, 1.25 c Applesauce, 1/2 c BBQ Chicken, 3 oz Spoodle Green Beans, 1/2 cup Parsley Potatoes, 1/2 c Brown Rice WG, 1 c Fruit Cocktail, 1/2 cup & 1 c	Rice Chex WG, 1.25 c Pineapple, 1/2 c Hamburger, Beef, 1 each Broccoli, 1/2 cup Carrots, 1/2 c & 3/4 c Hamburger Bun, 1 each WG Applesauce, 1/2 cup & 1 c

1% unflavored milk or nonfat chocolate milk served Daily for Breakfast & Lunch
no pork
2-week cycle menu
K-8, 9-12

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