



GENUINE

February Hot Breakfast Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| | | | 1 Apple Cinnamon Muffin Breakfast Chex Mix Whole Orange % Juice Skim or 1% Milk | 2 Whole Grain Waffles(1) Sausage Patty w/Syrup Whole Apple Skim or 1% Milk |
| 5 French Toast (4) w/ Syrup Whole Apple Skim or 1% Milk | 6 Assorted Yogurt Nature Valley Cinnamon Crisp Apple Slices & Juice Skim or 1% Milk | 7 Sausage Biscuit Sandwich w/ Jelly Whole Pear Skim or 1% Milk | 8 Blueberry Muffin Assorted Graham Whole Orange % Juice Skim or 1% Milk | 9 Whole Grain Pancakes (1) Sausage Link w/Syrup Whole Apple Skim or 1% Milk |
| 12 Whole Grain Waffle (2) w/ Syrup Whole Apple Skim or 1% Milk | 13 Breakfast Cereal w/ Blueberry Oatmeal Bars Apple Slices & Juice Skim or 1% Milk | 14 Chicken Biscuit Sandwich w/ Jelly Whole Pear Skim or 1% Milk | 15 Banana Muffin Breakfast Chex Mix Whole Orange % Juice Skim or 1% Milk | 16 French Toast (2) Sausage Link (2) w/ Syrup Whole Apple Skim or 1% Milk |
| 19 Whole Grain Pancakes (2) w/ Syrup Whole Apple Skim or 1% Milk | 20 Assorted Yogurt Nature Valley Chocolate Crisp Apple Slices & Juice Skim or 1% Milk | 21 Sausage Biscuit w/ Jelly Whole Pear Skim or 1% Milk | 22 Corn Muffin Breakfast Chex Mix Whole Orange % Juice Skim or 1% Milk | 23 Whole Grain Waffles (1) Sausage Patty w/Syrup Whole Apple Skim or 1% Milk |
| 26 French Toast (4) w/ Syrup Whole Apple Skim or 1% Milk | 27 Breakfast Cereal w/ Blueberry Oatmeal Bars Apple Slices & Juice Skim or 1% Milk | 28 Turkey Ham and Cheese Bagel Sandwich w/ Jelly Whole Pear Skim or 1% Milk | 29 Apple Cinnamon Muffin Breakfast Chex Mix Whole Orange % Juice Skim or 1% Milk | |



GENUINE

February Cold Breakfast Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| | | | 1 Apple Cinnamon Muffin Breakfast Chex Mix Whole Orange % Juice Skim or 1% Milk | 1 Breakfast Cereal w/ Apple Oatmeal Bars Whole Apple Skim or 1% Milk |
| 5 Whole Grain Bagel w/ Cream Cheese Whole Apple Skim or 1% Milk | 6 Assorted Yogurt Nature Valley Cinnamon Crisp Apple Slices & Juice Skim or 1% Milk | 7 Breakfast Cereal w/ Strawberry Oatmeal Bars Whole Pear Skim or 1% Milk | 8 Blueberry Muffin Assorted Graham Whole Orange % Juice Skim or 1% Milk | 9 Breakfast Cereal w/ Chocolate Oatmeal Bars Whole Apple Skim or 1% Milk |
| 12 Whole Grain Bagel w/ Cream Cheese Whole Apple Skim or 1% Milk | 13 Breakfast Cereal w/ Blueberry Oatmeal Bars Apple Slices & Juice Skim or 1% Milk | 14 Assorted Yogurt Nature Valley Chocolate Crisp Whole Pear Skim or 1% Milk | 15 Banana Muffin Breakfast Chex Mix Whole Orange % Juice Skim or 1% Milk | 16 Breakfast Cereal w/ Apple Oatmeal Bars Whole Apple Skim or 1% Milk |
| 19 Breakfast Cereal w/ Strawberry Oatmeal Bars Whole Apple Skim or 1% Milk | 20 Assorted Yogurt Nature Valley Chocolate Crisp Apple Slices & Juice Skim or 1% Milk | 21 Breakfast Cereal w/ Chocolate Oatmeal Bars Whole Pear Skim or 1% Milk | 22 Corn Muffin Breakfast Chex Mix Whole Orange % Juice Skim or 1% Milk | 23 Whole Grain Bagel w/ Cream Cheese Whole Apple Skim or 1% Milk |
| 26 Assorted Yogurt Breakfast Chex Mix Whole Apple Skim or 1% Milk | 27 Breakfast Cereal Blueberry Oatmeal Bar Apple Slices & Juice Skim or 1% Milk | 28 Assorted Yogurt Nature Valley Chocolate Crisp Whole Pear Skim or 1% Milk | 29 Apple Cinnamon Muffin Breakfast Chex Mix Whole Orange % Juice Skim or 1% Milk | |



GENUINE

February Hot Lunch Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| | | | 1 Popcorn Mac and Cheese Bowl Seasoned Corn Apple Slices Skim or 1% Milk | 2 Peri Peri Chicken Red Rice Seasoned Black Beans Whole Pear Skim or 1% Milk |
| 5 Chicken Parm Sandwich Savory Collard Greens Whole Orange Skim or 1% Milk | 6 Teriyaki Meatballs Mashed Potatoes Dinner Roll Green Peas Whole Pear Skim or 1% Milk | 7 Southwest Turkey Rice Bowl Seasoned Black Beans Whole Apple Skim or 1% Milk | 8 Chicken Alfredo Seasoned Green Beans Apple Slices Skim or 1% Milk | 9 Huli Huli Chicken Brown Rice Pilaf Glazed Carrot Coins Whole Pear Skim or 1% Milk |
| 12 Chicken Tenders (3) Seasoned Carrots Dinner Roll Whole Orange Skim or 1% Milk | 13 Meatball Sub Fresh Corn and Black Bean Blend Whole Pear Skim or 1% Milk | 14 BBQ Chicken Sandwich Seasoned Green Beans Whole Apple Skim or 1% Milk | 15 Shepherds Pie Seasoned Green Peas and Carrots Apple Slices Skim or 1% Milk | 16 Pasta Primavera Savory Collard Greens Whole Pear Skim or 1% Milk |
| 19 NOLA Chicken Sandwich Sweet Potato Fries Whole Orange Skim or 1% Milk | 20 Turkey Sausage Pizza Seasoned Green Beans Whole Pear Skim or 1% Milk | 21 Sweet Sour Meatballs Brown Rice Savory Collard Greens Whole Apple Skim or 1% Milk | 22 Nacho Queso Dip & Chip Seasoned Black Beans & Corn Blend Apple Slices Skim or 1% Milk | 23 Chopped Cheesesteak Seasoned Carrots Whole Pear Skim or 1% Milk |
| 26 Beef Cheeseburger Potato Wedges Whole Orange Skim or 1% Milk | 27 Chicken Nuggets (5) Dinner Roll Seasoned Green Beans Whole Pear Skim or 1% Milk | 28 Cheeseburger Mac Seasoned Carrots Whole Apples Skim or 1% Milk | 29 Jerk Chicken Brown Rice Fresh Corn and Black Bean Blend Apple Slices Skim or 1% Milk | |

This institution is an equal opportunity provider.



GENUINE

February Cold Lunch Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| | | | 1 Crispy Chicken Ranch Wrap Fresh Celery Sticks Apple Slices Skim or 1% Milk | 2 Curry Chicken Sandwich Fresh Green Beans Whole Pear Skim or 1% Milk |
| 5 Turkey Ham & Cheese Rollup Fresh Broccoli Florets Whole Orange Skim or 1% Milk | 6 Chicken Salad Sandwich Fresh Carrot Sticks Whole Pear Skim or 1% Milk | 7 Turkey Wrap Fresh Celery Sticks Whole Apple Skim or 1% Milk | 8 Chipotle Chicken Sandwich Fresh Green Beans Apple Slices Skim or 1% Milk | 9 Southern BBQ Chicken Sandwich Potato Salad Whole Pear Skim or 1% Milk |
| 12 Chicken Salad Wrap Celery Sticks Whole Orange Skim or 1% Milk | 13 Turkey Ham & Cheese Sandwich Fresh Carrot Sticks Whole Pear Skim or 1% Milk | 14 Curry Chicken Sandwich Fresh Green Beans Whole Apple Skim or 1% Milk | 15 Turkey & Cheese Wrap Potato Salad Apple Slices Skim or 1% Milk | 16 Chicken Salad Sandwich Fresh Broccoli Florets Whole Pear Skim or 1% Milk |
| 19 Southern BBQ Chicken Sandwich Fresh Carrot Sticks Whole Orange Skim or 1% Milk | 20 Turkey Ham & Cheese Rollup Potato Salad Whole Pear Skim or 1% Milk | 21 Chipotle Chicken Sandwich Fresh Celery Sticks Whole Apple Skim or 1% Milk | 22 Crispy Chicken Ranch Wrap Fresh Celery Sticks Apple Slices Skim or 1% Milk | 23 Curry Chicken Sandwich Fresh Green Beans Whole Pear Skim or 1% Milk |
| 26 Turkey & Cheese Sandwich Fresh Broccoli Florets Whole Orange Skim or 1% Milk | 27 Chicken Salad Wrap Fresh Carrot Sticks Whole Pear Skim or 1% Milk | 28 Turkey Ham & Cheese Sandwich Potato Salad Whole Apple Skim or 1% Milk | 29 Curry Chicken Sandwich Celery Sticks Apple Slices Skim or 1% Milk | |



GENUINE

February Vegetarian Lunch Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| | | | 1 Popcorn Mac and Cheese Bowl Seasoned Corn Apple Slices Skim or 1% Milk | 2 Peri Peri Chick'n Red Rice Seasoned Black Beans Whole Pear Skim or 1% Milk |
| 5 Chick'n Parm Sandwich Savory Collard Greens Whole Orange Skim or 1% Milk | 6 Teriyaki Meatballs Mashed Potatoes Dinner Roll Green Peas Whole Pear Skim or 1% Milk | 7 Southwest Chick'n Rice Bowl Seasoned Black Beans Whole Apple Skim or 1% Milk | 8 Chick'n Alfredo Seasoned Green Beans Apple Slices Skim or 1% Milk | 9 Huli Huli Chick'n Brown Rice Pilaf Glazed Carrot Coins Whole Pear Skim or 1% Milk |
| 12 Chick'n Tenders (3) Seasoned Carrots Dinner Roll Whole Orange Skim or 1% Milk | 13 Veggie Meatball Sub Fresh Corn and Black Bean Blend Whole Pear Skim or 1% Milk | 14 BBQ Chick'n Sandwich Seasoned Green Beans Whole Apple Skim or 1% Milk | 15 Shepherds Pie Seasoned Green Peas and Carrots Apple Slices Skim or 1% Milk | 16 Pasta Primavera Savory Collard Greens Whole Pear Skim or 1% Milk |
| 19 NOLA Chick'n Sandwich Sweet Potato Fries Whole Orange Skim or 1% Milk | 20 Cheese Pizza Seasoned Green Beans Whole Pear Skim or 1% Milk | 21 Sweet Sour Meatballs Brown Rice Savory Collard Greens Whole Apple Skim or 1% Milk | 22 Nacho Queso Dip & Chip Seasoned Black Beans & Corn Blend Apple Slices Skim or 1% Milk | 23 Chopped Cheesesteak Seasoned Carrots Whole Pear Skim or 1% Milk |
| 26 Black Bean Burger Potato Wedges Whole Orange Skim or 1% Milk | 27 Chick'n Nuggets (5) Dinner Roll Seasoned Green Beans Whole Pear Skim or 1% Milk | 28 Cheeseburger Mac Seasoned Carrots Whole Apples Skim or 1% Milk | 29 Jerk Chick'n Brown Rice Fresh Corn and Black Bean Blend Apple Slices Skim or 1% Milk | |



GENUINE

February Supper Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| | | | 1 BBQ Cheeseburger Baked Beans Whole Orange Skim or 1% Milk | 2 Chicken Broccoli Bake Zesty Carrots Whole Apples Skim or 1% Milk |
| 5 BBQ Chicken Sandwich Seasoned Black Beans Assorted Craisins Skim or 1% Milk | 6 Sheppard Pie Sweet Peas and Carrots Whole Oranges Skim or 1% Milk | 7 NOLA Sandwich Sweet Potato Fries Apple Slices Skim or 1% Milk | 8 Chicken Alfredo Savory Broccoli Whole Orange Skim or 1% Milk | 9 Cajun Pasta Bake Seasoned Green Bean Whole Apples Skim or 1% Milk |
| 12 Chopped Cheesesteak Seasoned Carrots Assorted Craisins Skim or 1% Milk | 13 Chicken and Turkey Jambalaya Red Beans Whole Oranges Skim or 1% Milk | 14 Popcorn Mac and Cheese Bowl Seasoned Green Bean Apple Slices Skim or 1% Milk | 15 Chicken Tenders (3) Mashed Potatoes Collard Greens Whole Orange Skim or 1% Milk | 16 Chicken Fajita Bowl Sweet Plantains Whole Apples Skim or 1% Milk |
| 19 Turkey Pizza Seasoned Green Bean Assorted Craisins Skim or 1% Milk | 20 BBQ Chicken Mac and Cheese Roasted Corn Whole Oranges Skim or 1% Milk | 21 Sweet Sour Meatballs Brown Rice Zesty Carrots Apple Slices Skim or 1% Milk | 22 Sloppy Joe Sandwich Roasted Potatoes Whole Orange Skim or 1% Milk | 23 Chicken Parm Sandwich Savory Broccoli Whole Apples Skim or 1% Milk |
| 26 Chicken and Waffles Sweet Potato Fries Assorted Craisins Skim or 1% Milk | 27 Greek Chicken Rice Pilaf Broccoli Whole Oranges Skim or 1% Milk | 28 Roasted Chicken Mexican Rice Seasoned Black Beans Apple Slices Skim or 1% Milk | 29 Southwest Chicken Spanish Rice Seasoned Green Beans Whole Orange Skim or 1% Milk | |



GENUINE

February Allergen Lunch Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| | | | 1 Roasted Chicken Mac and Cheese Bowl Seasoned Corn Apple Slices Skim or 1% Milk | 2 Peri Peri Chicken Red Rice Seasoned Black Beans Whole Pear Skim or 1% Milk |
| 5 Chicken Parm Sandwich Savory Collard Greens Whole Orange Skim or 1% Milk | 6 Teriyaki Beef Mashed Potatoes Green Peas Whole Pear Skim or 1% Milk | 7 Southwest Chicken Rice Bowl Seasoned Black Beans Whole Apple Skim or 1% Milk | 8 Chicken Alfredo Seasoned Green Beans Apple Slices Skim or 1% Milk | 9 Roasted Chicken Brown Rice Pilaf Glazed Carrot Coins Whole Pear Skim or 1% Milk |
| 12 Southern BBQ Chicken Brown Rice Seasoned Carrots Whole Orange Skim or 1% Milk | 13 Chicken Parm Sandwich Steamed Corn Whole Pear Skim or 1% Milk | 14 BBQ Chicken Sandwich Seasoned Green Beans Whole Apple Skim or 1% Milk | 15 Shepherds Pie Seasoned Green Peas and Carrots Apple Slices Skim or 1% Milk | 16 Pasta Primavera Savory Collard Greens Whole Pear Skim or 1% Milk |
| 19 NOLA Chicken Sandwich Sweet Potato Fries Whole Orange Skim or 1% Milk | 20 Chicken Broccoli Bake Seasoned Green Beans Whole Pear Skim or 1% Milk | 21 Sweet Sour Beef Strips Brown Rice Savory Collard Greens Whole Apple Skim or 1% Milk | 22 Nacho Queso Dip & Chip Seasoned Black Beans & Corn Blend Apple Slices Skim or 1% Milk | 23 Chopped Cheesesteak Seasoned Carrots Whole Pear Skim or 1% Milk |
| 26 Roasted Turkey Brown Rice Seasoned Carrots Whole Orange Skim or 1% Milk | 27 Chicken Alfredo Seasoned Green Beans Whole Pear Skim or 1% Milk | 28 Teriyaki Chicken Brown Rice Roasted Corn Whole Apples Skim or 1% Milk | 29 Jerk Chicken Brown Rice Seasoned Corn Apple Slices Skim or 1% Milk | |



GENUINE

February Snack Menu

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

| | | | | |
|---|---|---|--|--|
| | | | 1 Giant Vanilla Goldfish Grahams Apple Slices | 2 Nature Valley Chocolate Crisp 100% Juice 6oz |
| 5 French Toast Goldfish Pears | 6 Nature Valley Cinnamon Crisp Whole Apples | 7 Oatmeal Bars 100% Juice 6oz | 8 Goldfish Cheddar Apple Slices | 9 Giant Cinnamon Goldfish Grahams 100% Juice 6oz |
| 12 Goldfish Pretzel Pears | 13 Oatmeal Bars Whole Apples | 14 Giant Vanilla Goldfish Grahams 100% Juice 6oz | 15 Nature Valley Chocolate Crisp Apple Slices | 16 Goldfish Cheddar 100% Juice 6oz |
| 19 French Toast Goldfish Pears | 20 Nature Valley Cinnamon Crisp Whole Apples | 21 Oatmeal Bars 100% Juice 6oz | 22 Goldfish Pretzels Apple Slices | 23 Giant Cinnamon Goldfish Grahams 100% Juice 6oz |
| 26 Goldfish Cheddar Pears | 27 Oatmeal Bars Whole Apples | 28 Giant Vanilla Goldfish Grahams 100% Juice 6oz | 29 Nature Valley Chocolate Crisp Apple Slices | |