

February 2024 (SEED SCHOOL)

Monday	Tuesday	Wednesday	Thursday
			1 Dismissal Day No Dinner
5 CRISPY CHICKEN SANDWICH TATER TOTS MIXED VEGGIES *Veggie Burger Black Bean	6 SHRIMP SCAMPI OVER PASTA * VEGETABLE LASAGNA	7 BBQ BEEF MASHED POTATOES GREEN BEANS *Balsamic Grilled Vegetables w/ Brown Rice	8 CAJUN CHICKEN PASTA ROASTED CARROTS GARLIC BREAD * VEGETABLE LASAGNA
12 CHEESEBURGERS FRENCH FRIES *Veggie Burger Black Bean	13 FETTUCINE ALFREDO WITH CHICKEN GARLIC BROCCOLI ROLLS *Cheese Ravioli with Garlic Broccoli	14 TEMPURA SWEET & SOUR CHICKEN HOUSE SPECIAL FRED RICE *Sweet & Sour Tofu with Vegetable Fried Rice	15 BOURBON CHICKEN RED BEANS & RICE SWEET PLANTAINS * Balsamic Grilled Vegetables with Brown Rice
19 No Dinner President's Day	20 JAMBALAYA *Veggie Burger Black Bean	21 Special Dinner	22 JERK CHICKEN RICE & PEAS MIXED VEGETABLES *Balsamic Grilled Vegetables with Brown Rice
26 GRILLED LEMON PEPPER CHICKEN QUARTER WHITE RICE VEGETABLES *Cheese Ravioli with Garlic Broccoli	27 JERK PORK LOIN YELLOW RICE GREEN BEANS * S&S Tofu w/ Brown Rice	28 CHICKEN TENDERS FRENCH FRIES HONEY CARROTS *Spaghetti Marinara with Corn	29 SPAGHETTI W/ MEAT SAUCE CORN ON COBB GARLIC BREAD *Sweet & Sour Tofu with Vegetable Fried Rice

Notes:

Salad Bar

To include 2 different type of lettuce, Tomato, Cucumber, Shredded Cheese and Onions etc.

Daily Soups

To include but not limited to: Broccoli and Cheese, Tomato Soup, Chicken Noddle, Black Bean, Vegetable Soup and minestrone etc.

Include dinner rolls / garlic rolls

Dessert daily: cake, whole fruit, granola bars

Include sauces hot sauce, ranch, salt and pepper

