

FEBRUARY 2020 - Menus



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h2>EEC Lunch (Prep)</h2> <p><i>MENUS ARE SUBJECT TO CHANGE</i></p>				
2-3 Whole Grain Cheese Pizza Wedge - V Cooked Baby Carrots Fruit	2-4 Café LA Burger Roasted Potato Wedges Frozen Juice Cup	2-5 Toasted Cheese Sandwich Fiesta Pinto Beans or Campfire Baked Beans Fruit Cup	2-6 Asian Chicken Bites Creamy Mashed Potatoes Fruit Cup	2-7 Teriyaki Beef Dipper Rice Bowl Cooked Baby Carrots Fruit
2-10 Nacho Pretzel Pocket - V Cooked Baby Carrots Fruit	2-11 Teriyaki Beef Sandwich Fresh Garden Salad Frozen Juice Slush	2-12 Turkey & Mashed Potato Bowl Aloha Roll Fresh Orange Variety (Cara Cara Orange, Blood Orange)	2-13 Mac N' Cheese Ruffle Fries Fruit Cup	2-15 Chicken Tenders, Homestyle Cooked Baby Carrots Fruit
2-17 <p style="text-align: center;">PRESIDENTS DAY HOLIDAY</p>	2-18 Toasted Cheese Sandwich - V Ruffle Fries Frozen Juice Slush	2-19 Bean & Cheese Pupusa Cooked Baby Carrots Fruit Cup	2-20 Beef & Cheese Taco Burrito Fresh Garden Salad Fruit	2-21 Cherry Blossom Chicken Bowl Broccoli Buds Fruit
2-24 Whole Grain Cheese Pizza Wedge - V Cooked Baby Carrots Fruit	2-25 Crispy Chicken Sandwich Broccoli Buds Frozen Juice Cup	2-26 <i>New!</i> Beefy Hot Sandwich Roasted Potato Wedges Fruit Cup	2-27 Nacho Dip OR Taco Bean Dip Artisan Roll Fresh Garden Salad Fruit	2-28 Beef & Cheese Taco Burrito and/or <i>New!</i> Fish Nuggets Aloha Roll Creamy Mashed Potatoes Fruit

All of the Grain/Bread items served are Whole Grain Rich. Per USDA, students MUST take at least 3 components as part of their lunch (one must be a fruit or vegetable).

V: Vegetarian items - **Farm Fresh Fruits: Apple, Orange, Banana - Daily Options: Yogurt & Granola, Deli Cheese Sandwich, Toasted Cheese Sandwich, Vegan Burrito

Daily Got Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat

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Posted 01/16/20

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