

**Secondary Schools Nutritionals - February Menu**

Day	Menu	Srv/Wt	Calories	Carb gm	Sodium	Allergens
1	Chicken	3 oz	120	1	320	s
	Broccoli	3/4 cup	35	10	6	no
	Pasta	2 oz	180	39	0	W
	Alfredo Sauce	1/4 cup	100	2	390	m
	Texas toast	1 slices	90	15	110	w,s, m
	Celery & Carrots	3/4 cup	35	10	6	no
	Dressing	1 oz	130	1	350	e,m,s, may contain g
	Fruit	1 piece	75	19	1	no
2	wwSpaghetti	2 oz	180	39	0	W
	Meat sauce	2,10 oz	150	0	350	no
	Broccoli	3/4 cup	35	10	6	no
	Fruit	1 piece	75	19	1	no
3	Breaded Chicken	3 pieces	230	12	330	s, w
	BBQ Sauce	36 gr	60	15	240	no
	Buffalo Sauce					
	Potato Wedges	3/4 cup	153	24	150	no
	WW dinner roll	28 gm	72	14	159	w, s
	Fruit	1 piece	75	19	1	no
6	WW Stuffed Crust Pizza	4.84 oz	330	35	820	m,w,s
	Salad	3/4 cup	35	10	6	no
	Feta	1 oz	74	1.2	260	m
	Dressing	1 oz	130	1	350	e,m,s, may contain g
	Fruit	1 piece	75	19	1	no
7	Meatball & Marinara	2.5 oz (30)	140	6	230	M,S,W
	WW Sub Roll	57 gm	146	29	318	w,s
	Green Beans	3/4 cup	35	10	6	no
	Fruit	1 piece	75	19	1	no
8	Chicken strips (non-breaded)	1.25 oz	420	0	88	no
	Chopped Spinach	1/2 cup	12	4	0	no
	Dried Canberries	1/4 cup	92	25	2	no
	Sweet potato	1/4 cup	88	21	7	no
	Steamed brown rice	2.5 oz	225	48	0	no
	Fruit	1 piece	75	19	1	no
	Honey BBQ Pork Ribs	3 oz	170	9	310	s,m,w
	Corn & Green Bean Medley	3/4 cup	35	10	6	no
	Cornbread					
	Fruit	1 piece	75	19	1	no

10	Popcorn Chicken	15 piece	290	17	290	m, s, w,
	mashed potato	1/2 cup	160	34	620	m
	peas	3/4 cup	35	10	6	no
	WW dinner roll	28 gm	72	14	159	w, s
	Fruit	1 piece	75	19	1	no
13	WW Pizza Sticks	5.85 oz	340	39	570	w,m,s
	Marinara sauce	2 oz	40	270	9	s, may contain w
	Romaine	3/4 cup	35	10	6	no
	Fruit	1 piece	75	19	1	no
14	Ham slices	1.22 oz	37	2	2	no
	Salami	90 gr	90	2	620	no
	Mozz cheese	1 oz	60	1	170	m
	lettuce & tomato	3/4 cup	35	10	6	no
	Flatbread	62.4 g (1 piece)	180	29	330	w,m,s
	romaine lettuce	3/4 cup	35	10	6	no
	sprinkle of parm cheese	1 oz	85	0.75	158	m
	Cesar dressing	1 oz	130	1	350	e, m, s, may contain g
	Heartzel	.7 oz	80	15	200	w,m,s
	red jello	22 gr	80	19	80	no
	whipped topping	9 gr	25	2	0	m
	Fruit	1 piece	75	19	1	no
15	Turkey Taco Meat	1.72 oz	86	2	132	no
	Three bean medley	1/2 cup	109	20	140	no
	veggies	3/4 cup	35	10	6	no
	Steamed brown rice	2.5 oz	225	48	0	no
	Tortilla chips	1.5 oz	200	27	170	no
	Corn & Black bean Salsa	1/2 cup	115	23	338	no
	Mozz cheese	1 oz	60	1	170	m
	Fruit	1 piece	75	19	1	no
16	Chicken strips	1.7 oz	61	1	303	no
	Broccoli, cauliflower, and carrot	3/4 cup	35	10	6	no
	Teryiaki sauce	1 Tbsp	128	7	240	s
	WW Noodles	2oz	180	39	0	w
	Fruit	1 piece	75	19	1	no
17	Breaded Chicken	3 pieces	230	12	330	s, w
	Waffles	2 slices	140	24	120	w, s, m, e
	steamed spinach	3/4 cup	35	10	6	no
	Fruit	1 piece	75	19	1	no
27	Grilled cheese (pre-packed)	1	280	31	581	w,s,m
	Tomato soup	1/2 cup	90	20	480	w

	Fruit	1 piece	75	19	1	no
28	LOCAL DAY					
	Organic grass fed beef patty	3.4 oz	160	1	57	
	WW Bun	57 gr	146	54	350	w,s
	Baked Potato					
	Romaine	3/4 cup	35	10	6	no
	sprinkle of parm cheese	1 oz	85	0.75	158	m
	Apple crisp					





