

# February

PreK-6<sup>th</sup> Grade

2023

| Sunday | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday |
|--------|---|---|---|---|---|----------|
|        |   |   | 1<br>Tornadoes<br>Roasted Potatoes<br>Carrots<br>Apple slices                 | 2<br>Chicken Nuggets<br>Rice Pilaf<br>Sweet Peas<br>Cookies               | 3<br>Pizza<br>Fries<br>Broccoli<br>Ice Cream        | 4        |
| 5      | 6<br>Chicken Alfredo<br>Broccoli<br>Roll<br>Oreo Pie                | 7<br>Soft Beef Tacos<br>Spanish Rice<br>Black Beans<br>Churros                            | 8<br>Fish sticks<br>Sweet Potato Fries<br>Baby Carrots<br>Apple Slices        | 9<br>Chicken Nuggets<br>Mac and Cheese<br>Italian Green Beans<br>Cup Cake | 10<br>Pizza<br>Fried Okra<br>Ice Cream              | 11       |
| 12     | 13<br>Hot Dogs<br>Fries<br>Corn on the Cob<br>Bananas               | 14<br>Sweet and sour chicken<br>Rice<br>Italian Green Beans<br>Candy Bags                 | 15<br>Ham and cheese<br>Sandwich<br>Peas and Carrots<br>Tater Tots<br>Cookies | 16<br>Chicken Nuggets<br>Chips<br>Corn<br>Rice Krispy                     | 17<br>School Holiday<br>Enjoy Your Day Off          | 18       |
| 19     | 20<br>School Holiday<br>Enjoy Your Day Off                          | 21<br>Popcorn Shrimp<br>Rice<br>Winter Blend<br>Apples                                    | 22<br>Pizza Burger<br>Curly Fries<br>Baked Beans<br>Chocolate cake            | 23<br>Chicken Nuggets<br>Roll<br>Field Peas<br>Lemon Cake                 | 24<br>Pizza<br>Fries<br>California Blend<br>Cookies | 25       |
| 26     | 27<br>Poppyseed Chicken<br>Rice<br>California Blend<br>Caramel Cake | 28<br>Chopped Steak with<br>Gravy<br>Mashed Potatoes<br>Corn on the cob<br>Banana Pudding |   |   |   |          |

# February

Upper School

2023

| Sunday | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday |
|--------|--|---|---|---|--|----------|
|        |  |   | 1<br>Tomatoes<br>Roasted Potatoes<br>Carrots<br>Apple slices<br>Tender Salad              | 2<br>Chicken Nuggets<br>Rice Pilaf<br>Sweet Peas<br>Cookies<br>Ham Sandwich                   | 3<br>Pizza<br>Fries<br>Broccoli<br>Ice Cream<br>Buffalo Chicken Wrap | 4        |
| 5      | 6<br>Chicken Alfredo<br>Broccoli<br>Roll<br>Oreo Pie<br>BLT Wrap                           | 7<br>Taco Bar<br>Spanish Rice<br>Black Beans<br>Churros<br>Chef Salad                               | 8<br>Fried Fish<br>Sweet Potato Fries<br>Baby Carrots<br>Apple Slices<br>Turkey Sub       | 9<br>Chicken Tenders<br>Mac and Cheese<br>Italian Green Beans<br>Cup Cake<br>Bacon Ranch Wrap | 10<br>Pizza<br>Fried Okra<br>Ice Cream<br>Pasta Salad                | 11       |
| 12     | 13<br>Hot Dogs with Chili<br>Fries<br>Corn on the Cob<br>Bananas<br>Chicken Salad Sandwich | 14<br>Sweet and sour chicken<br>Rice<br>Italian Green Beans<br>Candy Bags<br>Chef Salad             | 15<br>Ham and cheese Sandwich<br>Peas and Carrots<br>Tater Tots<br>Cookies / Tender Salad | 16<br>Chicken Nuggets<br>Chips<br>Corn<br>Rice Krispy<br>Ham Lunchable                        | 17<br>School Holiday<br>Enjoy Your Day Off                           | 18       |
| 19     | 20<br>School Holiday<br>Enjoy Your Day Off   | 21<br>Popcorn Shrimp<br>Rice<br>Winter Blend<br>Apples<br>Ham and cheese                            | 22<br>Pizza Burger<br>Curly Fries<br>Baked Beans<br>Chocolate cake<br>Green Salad         | 23<br>Chicken Nuggets<br>Roll<br>Field Peas<br>Lemon Cake<br>Turkey Sandwich                  | 24<br>Pizza<br>Fries<br>California Blend<br>Cookies<br>Caesar Wrap   | 25       |
| 26     | 27<br>Poppyseed Chicken<br>Rice<br>California Blend<br>Caramel Cake<br>Bacon Ranch Wrap    | 28<br>Chopped Steak with Gravy<br>Mashed Potatoes<br>Corn on the cob<br>Banana Pudding<br>BLT Salad |   |   |  |          |

# March

Lower School/NEST

2023

| Sunday | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday |
|--------|--|--|--|--|---|----------|
|        |  |  | 1<br>Ham and Cheese Sandwich<br>Curly Fries<br>Carrots<br>Apples | 2<br>Chicken Tenders<br>Mac and Cheese<br>Green Beans<br>Rice Krispy | 3<br>Pizza<br>Peas and Carrots<br>Fries<br>Ice Cream        | 4        |
| 5      | 6<br>BBQ Meatballs<br>Mashed Potatoes<br>Italian Green Beans<br>Chocolate Cake | 7<br>Ravioli<br>Broccoli<br>Roll<br>Oreo Pie                               | 8<br>Hot Dog<br>Tater Tots<br>Baked Beans<br>Dirt Cake           | 9<br>Chicken Tenders<br>Chips<br>Corn<br>Strawberry cake             | 10<br>Pizza<br>Curly Fries<br>California Blend<br>Ice Cream | 11       |
| 12     | 13<br>Bacon<br>Eggs<br>French Toast Sticks<br>Apples                           | 14<br>Pork Tenderloin<br>Rice<br>Collard Greens<br>Banana Pudding          | 15<br>Cheese Burger<br>Fries<br>Baked Beans<br>White Cake        | 16<br>Chicken Tenders<br>Rice Pilaf<br>Broccoli<br>Cookies           | 17<br>Pizza<br>Fries<br>Corn<br>Ice Cream                   | 18       |
| 19     | 20<br>SPRING BREAK   | 21<br>SPRING BREAK   | 22<br>SPRING BREAK   | 23<br>SPRING BREAK   | 24<br>SPRING BREAK  | 25       |
| 26     | 27<br>Corn Dogs<br>Chips<br>French Green Beans<br>Apples                       | 28<br>Popcorn Shrimp<br>Sweet Potato Fries<br>Baby Carrots<br>Funnel Fries | 29<br>Meatloaf<br>Mashed Potatoes<br>Corn<br>Chocolate Cake      | 30<br>Chicken Tenders<br>Chips<br>Peas<br>Cookies                    | 31<br>Pizza<br>Fries<br>Winter Blend<br>Ice Cream           |          |

# March

Upper School

2023

| Sunday | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday |
|--------|---|--|---|---|---|----------|
|        |   |  | 1<br>Ham and Cheese Sandwich<br>Curly Fries<br>Carrots Apples<br>Caesar Salad | 2<br>Chicken Tenders<br>Mac and Cheese<br>Green Beans<br>Rice Krispy<br>Turkey Sandwich | 3<br>Pizza<br>Peas and Carrots<br>Fries<br>Ice Cream<br>Chicken Tender Salad        | 4        |
| 5      | 6<br>BBQ Meatballs<br>Mashed Potatoes<br>Italian Green Beans<br>Chocolate Cake<br>Blackened Chicken Salad | 7<br>Ravioli<br>Broccoli Roll<br>Oreo Pie<br>Caesar Salad                                | 8<br>Hot Dog<br>Tater Tots<br>Baked Beans<br>Dirt Cake<br>Turkey Sub          | 9<br>Chicken Tenders<br>Chips<br>Corn<br>Strawberry cake<br>Ham Sandwich                | 10<br>Pizza<br>Curly Fries<br>California Blend<br>Ice Cream<br>Buffalo Chicken Wrap | 11       |
| 12     | 13<br>Bacon<br>Eggs<br>French Toast Sticks<br>Apples<br>Chicken Salad                                     | 14<br>Pork Tenderloin<br>Rice<br>Collard Greens<br>Banana Pudding<br>BLT Wrap            | 15<br>Cheese Burger<br>Fries<br>Baked Beans<br>White Cake<br>Club Sandwich    | 16<br>Chicken Tenders<br>Rice Pilaf<br>Broccoli<br>Cookies<br>Turkey Sub                | 17<br>Pizza<br>Fries<br>Corn<br>Ice Cream<br>Tender Salad                           | 18       |
| 19     | 20<br>SPRING BREAK  | 21<br>SPRING BREAK   | 22<br>SPRING BREAK  | 23<br>SPRING BREAK  | 24<br>SPRING BREAK  | 25       |
| 26     | 27<br>Corn Dogs<br>Chips<br>French Green Beans<br>Apples<br>Broccoli Salad                                | 28<br>Popcorn Shrimp<br>Sweet Potato Fries<br>Baby Carrots<br>Funnel Fries<br>Turkey Sub | 29<br>Meatloaf<br>Mashed Potatoes<br>Corn<br>Chocolate Cake<br>Caesar Wrap    | 30<br>Chicken Tenders<br>Chips<br>Peas<br>Cookies<br>Ham Sandwich                       | 31<br>Pizza<br>Fries<br>Winter Blend<br>Ice Cream<br>BLT Salad                      |          |