





February 7 <sup>th</sup> -11 <sup>th</sup>	Monday 2.7	Tuesday 2.8	Wednesday 2.9	Thursday 2.10	Friday 2.11
	<b>Smoothie Bowl</b> Tropical Fruit Smoothie Bowl <b>VE</b> W/Fresh Toppings	<b>Barbacoa Bowl</b> <b>GS</b> Shredded Beef <b>GS</b> or Tofu <b>GS VE</b> Cilantro Lime Rice <b>GS</b> <b>VE</b> Tomato Corn Salsa <b>GS</b> <b>VE</b> Fresh Toppings	<b>Japanese Soba Noodle Bowl</b> Sesame Chicken or Tofu <b>VE</b> Umami Soy Miso Broth <b>VE</b> Fresh Toppings	<b>Create your own Gyro</b> Seasoned Gyro Meat or Falafel <b>VE</b> Warm Pita Bread Tzatziki Sauce Fresh Toppings	<b>Burger Bar</b> All Beef Patties <b>GS</b> Plant Based Patties <b>VE GS</b> *Fresh Bun Fresh Toppings
	*Cheese Ravioli W/Marinara	*Italian Hoagie	*Pasta W/Marinara <b>GS VE</b>  *Pasta W/Garlic Butter Sauce <b>GS</b>	*Chicken Alfredo Bake	<b>Pizza</b> *Cheese  *Pepperoni
	<b>Waffle Bar</b> Belgium Waffle Vegan Waffle <b>VE GS</b> Home Fries <b>VE GS</b> Fresh Toppings Yogurt Parfaits	Chicken Parmesan or Eggplant Parmesan <b>GS VE</b> *Pasta W/Marinara <b>VE</b> Broccoli <b>GS VE</b> *Garlic Bread Stick	*Grilled Cheese *Tomato Soup Peas <b>GS VE</b> *Goldfish Crackers	* <b>Quesadillas</b> Chicken, Cheese, or *Vegan <b>VE</b> Spanish Rice <b>VE GS</b> Roasted Corn <b>VE GS</b> <b>Dessert Day</b> *Valentine's Sugar Cookie	<b>Boneless Wing Bar</b> *BBQ or Garlic Parmesan Wings BBQ Seasoned Cauliflower Wings <b>VE GS</b> Veggie Sticks <b>VE GS</b> Ranch <b>GS</b>
 <b>Daily Offerings:</b> An Assortment of Fresh Greens, Veggies, Fruits, Proteins, & Toppings Along W/Composed Salads	<b>Composed Salad:</b> Rustic Potato Salad <b>GS</b>  Chef Salad <b>GS</b>	<b>Composed Salad:</b> Mediterranean Tuna Salad <b>GS</b>  Harvest Apple Salad <b>GS</b>	<b>Composed Salad:</b> Asian Noodle Salad  Caesar Salad	<b>Composed Salad:</b> Fall Quinoa Salad <b>VE</b>  Southwest Chili Lime Ranch Salad W/Chicken <b>GS</b>	<b>Composed Salad:</b> Asian Chicken Salad  Sunset Salad <b>GS</b> <b>VE</b>

**VE-Vegan, GS-Gluten Sensitive**

**\*Gluten Free Bread, Buns, Pizza and Pasta Available**



## CHECK OUT OUR FEATURED SUPERFOODS!

Please discuss any food allergy issues concerning your  
child with our District Dietitian Kristen Marcela 770.815.4450

No child will be discriminated against because of race, color, national origin, age, or  
disability. If you have been discriminated against, write to the Department of Agriculture,  
Washington, D.C. 20250.