

Freire Charter School Lunch Menu For February

Plain, Strawberry, and Chocolate milk is served with each meal.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Swedish Meatballs over Rotini Pasta & Butternut Squash, celery sticks or Buffalo Chicken Salad Sandwich w/ Nacho Doritos & Carroteenies Fruit of the day: Bananas	4 Chicken Nachos w/ Fresh Salsa & Cheese w/ Roasted Corn & Black beans Or Turkey & Cheese W/ Goldfish & Cucumber slices Fruit of the day: Apple Slices	5 Chicken Tenders, Sweet Potato tots, & Green Beans Or American Cold-cut w/ Lett & Tomato, Doritos, and Hummus & Crackers & Carrots Fruit of the day: Pineapple Chunks	6 Stuffed Shells w/Broccoli & Cucumber slices Or Chicken Caesar Wrap Goldfish, Potato Salad Fruit of the day: Pears	7 Cheeseburger, Glazed Carrots and French Fries Or Chicken Caesar Salad with Garlic bread Parma. Cheese & tomatoes Fruit of the day: Assorted Fresh Fruit Orange Drinks
10 Chicken & Waffles w/ Butternut squash & Cucumber slices Or Chicken Salad Sandwich w/Nacho Doritos & Carroteenies Fruit of the day: Bananas	11 Orange Chicken w/ Brown rice and Stir-fry veg Or Turkey, Turk. Bacon BBQ Wrap W/ Goldfish & Cucumber slices Fruit of the day: Apple Slices Orange Drinks	12 Grilled Turkey Ham & Cheese Baked beans and Glazed Carrots Or American Cold-cut w/ Lett & Tomato, Doritos, and Hummus & Crackers & Carrots Fruit of the day: Honeydew Melon	13 Baked Chicken w/ Mashed Potatoes and Green Beans Or Turkey Ham & Cheese Goldfish, Potato Salad Fruit of the day: Apples	14 <p style="text-align: center;">PD Day No School</p>
17 <p style="text-align: center;">Presidents Day Holiday No School</p>	18 Spaghetti w/ Meatballs, Garlic Knots, Caesar Salad & Zucchini Or Turkey & Cheese W/ Goldfish & Cucumber slices Fruit of the day: Apple Slices & Orange Drinks	19 Beef Nachos w/ Fresh Salsa & Cheese w/ Roasted Corn & Black beans Or American Cold-cut w/ Lett & Tomato, Doritos, and Hummus & Crackers & Carrots Fruit of the day: Cantaloupe Chunks	20 BBQ Chicken Wings Mac & Cheese, Green beans & Cucumber slices Or Chicken Caesar Wrap w/ Goldfish, Potato Salad Fruit of the day: Pears	21 Cheeseburger, Glazed Carrots and French Fries Or Chicken Caesar Salad w/ Garlic Bread Parma. Cheese & tomatoes Fruit of the day: Assorted Fresh Fruit
24 Cheesy Hamburger Helper W/ Peas and Glazed Carrots Or Chicken Salad Sandwich w/Nacho Doritos & Carroteenies Fruit of the day: Bananas	25 Chicken Cheese Steak Broccoli and Sweet Potato Tots Or Turkey, Turk. Bacon BBQ Wrap W/ Goldfish & Broccoli & Tomato bites Fruit of the day: Apple Slices	26 All Beef Hot Dog w/ Baked beans and Collard Greens Or American Cold-cut w/ Lett & Tomato, Doritos, and Hummus & Crackers & Carrots Fruit of the day: Fresh Fruit Medley	27 Personal Pan Pizza Baked Fries & Garden Salad Or Turkey Ham & Cheese w/ Goldfish, Potato Salad Fruit of the day: Apples	28 French Toast w/ Turkey Bacon & Roasted Butternut Squash and Cucumber slices Or Chicken Caesar Salad w/ Garlic Bread Parma. Cheese & tomatoes Fruit of the day: Assorted Fresh Fruit & Orange drinks