

FEBRUARY 2024

Intermediate Unit

LUNCH



February is American Heart Month. Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



-Waffles or
-Italian Bistro Box **5**

-Tator Tots & Fresh Fruit

-Popcorn Chicken or
-Turkey & Cheese Sandwich **6**

-Corn & Fresh Fruit

-Chicken Alfredo or
-Garden Salad **7**

-Broccoli & Fresh Fruit

-Popcorn Chicken or
-Italian Bistro Box **1**

-Broccoli & Fresh Fruit

-Cheeseburger or
-Turkey & Cheese Sandwich **2**

-Tator Tots & Fresh Fruit

-Corn Dog Nuggets or
-Ham & Cheese Bistro Box **12**

-Tator Tots & Fresh Fruit

-Cheeseburger or
-Caesar Salad w/Chicken **13**

-Carrots & Fresh Fruit

-Orange Kissed Chicken or
-Ham & Cheese Sandwich **14**
- Broccoli & Fresh Fruit

-Grilled Hot Dog or
-Ham & Cheese Hoagie **8**

-Black Bean & Corn Salad & Fresh Fruit

-Grilled Cheese Sandwich or
-Italian Hoagie **9**

-Peas & Fresh Fruit

-Mac & Cheese or
-Garden Salad **15**

-Mixed Veggies & Fresh Fruit

NO SCHOOL **16**

Pizza Hut Pizza (pepperoni or cheese)

Presidents' Day **19**

NO SCHOOL

-Pancakes or
-Caesar Salad w/Chicken **20**

-Tator Tots & Fresh Fruit

-Grilled Hot Dog or
-Ham & Cheese Sandwich **21**

-Bean/Corn Salad & Fresh Fruit

-Cheeseburger or
-Italian Bistro Box **22**

-Broccoli & Fresh Fruit

-Chicken Nuggets or
-Turkey & Cheese Sandwich **23**

-Carrots & Fresh Fruit

-Corn Dog Nuggets or
-Nacho Munchable **26**

-Tator Tots & Fresh Fruit

-Walking Taco or
-Turkey & Cheese Sandwich **27**

-Corn & Fresh Fruit

-Hot Dog or
-Caesar Salad w/Chicken **28**

-Peas & Fresh Fruit

-Grilled Cheese or
-Hummus Bistro Box **29**

-Broccoli & Fresh Fruit