



February 2025 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	4 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	5 Chicken patty (V) Veggie nuggets^ Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	6 (V) Whole grain pizza* Garden salad Fresh fruit	7 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
10 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	11 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	12 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	13 Chicken thigh w/gravy (V) Picadillo^ Peas Whole wheat bread/butter * Fresh fruit	14 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
17 <p style="text-align: center;">CLOSED FOR PRESIDENT'S DAY</p>	18 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit	19 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup^ Whole wheat bread/butter* Fresh fruit	20 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	21 (V) Lasagna Tossed salad Fresh fruit
24 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	25 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit	26 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	27 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	28 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter* Fresh fruit
			<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
 #Gluten free

*Whole grain
 ^Vegan

***For Infant through Toddler (SH) and Preschool (McL) classrooms, children will receive cooked vegetables instead of salad and coleslaw. GFC offers a rotation of green beans, carrots, peas, broccoli and yellow squash.**