



# February 2024

## AIA K-8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>This institution is an equal opportunity provider.</p> <p>*Menu items are subject to change based on availability.*</p> <p>Choice of Milk: FF Chocolate, FF White or 1% White</p>				
<p>5 <b>Chicken Nuggets</b> (5) WG Chicken Nuggets 1.1 oz WG Dinner Roll</p> <p><b>SIDES</b> 3/4 c. Sweet Potato Fries 1/2 c. Fresh Apple</p> <p>BBQ Sauce Ketchup</p>	<p>6 <b>Chicken Burrito Bowl</b> 2.8 oz. Chicken &amp; Cheese 1 oz. Shredded Cheddar 1 c. Brown Rice</p> <p><b>SIDES</b> 3/4 c. Black Bean Salsa 1/2 c. Fresh Seasonal Fruit</p>	<p>7 <b>Mini Chicken Corn Dogs</b> (6) Mini Corn Dogs</p> <p><b>SIDES</b> 3/4 c. Oven Fries 1/2 c. Fresh Orange</p> <p>Ketchup</p>	<p>8 <b>Cheeseburger Mac</b> 2 oz. Ground Beef &amp; Cheese 1 c. WG Elbow Noodles</p> <p><b>SIDES</b> 3/4 c. Green Peas 1/2 c. Fresh Banana</p>	<p>9 <b>Pizza</b> 2 oz. Pepperoni &amp; Cheese 2 oz. WG Crust</p> <p><b>SIDES</b> 1 1/2 c. Garden Salad w/ Ranch 1/2 c. Fresh Seasonal Fruit</p> <p>Italian Dressing</p>
<p>12 <b>Beef Hamburger</b> 2.5 oz. Beef Patty 2.05 oz. WW Hamburger Bun</p> <p><b>SIDES</b> 3/4 c. Sweet Potato Tots 1/2 c. Fresh Apple</p> <p>Ketchup</p>	<p>13 <b>Mexican Chicken Fajitas</b> 2.5 oz. Chicken Fajita Strips 1 oz. Shredded Cheddar 1/4 c. Peppers &amp; Onions (2) WG Tortillas</p> <p><b>SIDES</b> 3/4 c. Pinto Beans 1/2 c. Fresh Seasonal Fruit</p> <p>Taco Sauce</p>	<p>14 <b>Pancake Brunch</b> (2) Turkey Sausage Links (2) WG Buttermilk Pancakes</p> <p><b>SIDES</b> 3/4 c. Hashbrowns w/ Cheese 1/2 c. Fresh Orange</p> <p>Syrup </p>	<p>15 <b>Italian Spaghetti</b> 3 oz. Ground Beef 1 oz. Mozzarella Cheese 1 c. WG Spaghetti Noodles</p> <p><b>SIDES</b> 3/4 c. Green Beans 1/2 c. Fresh Banana</p>	<p>16 <b>Pizza</b> 2 oz. Pepperoni &amp; Cheese 2 oz. WG Crust</p> <p><b>SIDES</b> 3/4 c. Baby Carrots 1/2 c. Fresh Seasonal Fruit</p> <p>Ranch</p>
<p>19 <b>Crispy Chicken Tenders</b> (3) WG Chicken Tenders 2 oz. WG Corn Muffin</p> <p><b>SIDES</b> 3/4 c. Sweet Potato Wedges 1/2 c. Fresh Apple</p> <p>BBQ Sauce Ketchup</p>	<p>20 <b>Mexican Beef Tacos</b> 3 oz. Seasoned Beef 1 oz. Shredded Cheddar (2) WG Tortillas</p> <p><b>SIDES</b> 3/4 c. Black Beans &amp; Corn 1/2 c. Fresh Seasonal Fruit</p>	<p>21 <b>Beef Hot Dog</b> 2 oz. Beef Hot Dog 2 oz. WW Hot Dog Bun</p> <p><b>SIDES</b> 3/4 c. Potato Wedges 1/2 c. Fresh Orange</p> <p>Ketchup</p>	<p>22 <b>Mac &amp; Cheese Bowl</b> 2 oz. WG Popcorn Chicken 1 c. WG Macaroni &amp; Cheese</p> <p><b>SIDES</b> 3/4 c. Broccoli 1/2 c. Fresh Banana</p>	<p>23 <b>Pizza</b> 2 oz. Pepperoni &amp; Cheese 2 oz. WG Crust</p> <p><b>SIDES</b> 3/4 c. Fresh Cucumbers 1/2 c. Fresh Seasonal Fruit</p> <p>Ranch</p>
<p>26 <b>BBQ Ribette Sandwich</b> 2.8 oz. BBQ Beef Ribette 2.05 oz. WW Hamburger Bun</p> <p><b>SIDES</b> 3/4 c. Sweet Potato Fries 1/2 c. Fresh Apple</p>	<p>27 <b>Mexican Beef Burrito</b> 2 oz. Beef/Bean &amp; 1 oz. Cheese 2 oz WG Tortilla</p> <p><b>SIDES</b> 3/4 c. Refried Beans 1/2 c. Fresh Seasonal Fruit</p> <p>Taco Sauce</p>	<p>28 <b>Mashed Potato Bowl</b> 2 oz. WG Popcorn Chicken 1 oz. Shredded Cheddar 1/2 c. Mashed Potatoes 1/4 c. Corn</p> <p><b>SIDES</b> 1.1 oz WG Dinner Roll 1/2 c. Fresh Orange</p>	<p>29 <b>Chicken Tetrastini</b> 2.8 oz. Grilled Chicken 1 c. WG Rotini Pasta</p> <p><b>SIDES</b> 3/4 c. Mixed Vegetables 1/2 c. Fresh Banana</p>	

### ALTERNATIVE OPTIONS

#### MONDAY

##### ALT - Vegetarian Lasagna (VG)

6 oz. Cheese Lasagna w/ WG Noodles & 3/4 c. Glazed Carrots

##### SALAD - Chicken Pasta Salad

2.8 oz. Grilled Chicken, 1 c. WG Pasta, 3/4 c. Carrots, Broccoli, Peppers, Italian Dressing

#### TUESDAY

##### ALT - Bean & Cheese Burrito (VG)

4 oz. Bean & Cheese Burrito on WG Tortilla, 3/4 c. Mexican Corn, Salsa

##### SALAD - Southwest Salad

2 oz. Taco Beef, 1 oz. Cheddar Cheese, 1.5 c. Romaine, 1/4 c. Black Beans, 2 oz. WG Corn Chips, Taco Sauce

#### WEDNESDAY

##### ALT - WG Grilled Cheese Sandwich (VG)

4 oz. WG Grilled Cheese on WW Bread, 3/4 c. Tater Tots, Ketchup

##### SALAD - Chef Salad

2.8 oz. Turkey, 1 oz. Cheese, 1.5 c. Romaine, 1/4 c. Cucumber, 2 oz. WG Croutons, Ranch

#### THURSDAY

##### Cheese Pizza (VG)

4 oz. WG Cheese Pizza w/ WG Crust, 3/4 c. Broccoli

##### Crispy Chicken Salad

3.39 oz. WG Crispy Chicken, 1 oz. Cheddar Cheese, 1.5 c. Romaine, 1/4 c. Tomato, 2 oz. WG Croutons, Ranch

\*All meals are served with the "fruit of the day" & your choice of milk. FF Chocolate, FF Unflavored & 1% Unflavored milk is available\*