

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# FEB

## MENU 2023

# GEAR UP FOR TRACK & FIELD



### ANNOUNCEMENTS

**Menu subject to  
change without  
notice.**

Monday's-Cheese Burgers  
Tuesday's-Pizza  
Wednesday's-Chicken Wings  
Thursday's-Crispito's



Updated 2/1/2023  
www.SquareMeals.org

1 Waffles & Sausage

Hot Dogs  
Baked Beans  
Baby Carrots  
Fruit  
Milk

2 Breakfast Bar & Toast

Mozzarella Sticks  
Seasoned Corn  
Fruit  
Milk

3 Cereal & Graham Cracker

BBQ on A Bun  
Potato Wedges  
Fruit  
Milk

6 Breakfast Bun

Steak Fingers  
Mashed Potatoes  
Broccoli & Cheese  
Roll  
Fruit, Milk

7 Ham & Cheese Muffin

Burritos  
Pinto Beans  
Salad  
Fruit  
Milk

8 Pancake Wrap

Corn Dogs  
Mac & Cheese  
Veggies  
Fruit  
Milk

9 Breakfast Pizza

Round Pepperoni Pizza  
Garden Salad  
Fruit  
Milk

10 French Toast

Cheese Burger  
Baked Fries  
Lettuce & Tomato  
Fruit  
Milk

13 Pancakes & Sausage

Popcorn Chicken  
Mashed Potato  
Peas, Roll  
Fruit, Milk

14 Grill Cheese Sandwich

Crispy Tacos  
Pinto Beans  
Salad  
Fruit, Milk

15 Cinnamon Bun

Hot Dogs  
Baked Beans  
Baby Carrots  
Fruit  
Milk

16 Biscuit & Gravy

Pepperoni Pizza  
Corn  
Baby Carrots  
Fruit, Milk

17 Cereal

Cheese Burger  
Tater Tots  
Salad  
Fruit, Milk

20  
**Presidents Day**

21 Ham & Cheese Muffin

Sausage Wrap  
Ranch Style Beans  
Sandwich Bread  
Fruit, Milk

22 Breakfast Bites

Fish Sticks  
Mac & Cheese  
Veggies  
Fruit  
Milk

23 Breakfast Pizza

Spaghetti & Meat Sauce  
Garlic Sticks  
Green Beans  
Fruit, Milk

24 Cereal & Cheese Stick

Ham & Cheese Sandwich  
Lettuce & Tomato  
Baked Chips  
Fruit, Milk

27 Breakfast Bun

Chicken Nuggets  
Mashed Potatoes  
Roll  
Fruit, Milk

28 Grill Cheese Sandwich

Frito Pie  
Pinto Beans  
Corn Bread  
Fruit, Milk