

Circle City Prep
February

	Monday	Tuesday	Wednesday	Thursday	Friday			
6	6 K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	7 K-2 (2) Granola Bars + Orange Wedges + OJ + Milk 3-6 OVS (2) Granola Bars or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	8 K-2 Sausage & Cheese Sandwich + Apple + Milk 3-6 OVS Sausage & Cheese Sandwich or Whole Grain Cereal + Apple + OJ + Milk + Milk	9 K-2 Blueberry Muffin + Apple Slices + OJ + Milk 3-6 OVS Blueberry Muffin or Whole Grain Cereal + Apple Slices + Apple + OJ + Milk	10 K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	<p>Offer vs. Serve procedure:</p> <p>Your scholar can choose options at lunch.</p> <p>Scholars must choose at least 3 components, one option must be a fruit or a vegetable. <i>(Entree contains 2 components: grain + protein)</i></p> <p>1- Entree (counts as 2 components) 2- Fruit (up to two portions) 3- Veggies / Dip (up to two portions) 4- Milk</p>		
							Breakfast	Lunch Entree Option 1 Entree Option 2
Macaroni & Cheese + Breadstick Chicken Caesar Salad + Breadstick	Chicken Noodle Soup + Roll Chicken Caesar Salad + Breadstick	Hot Ham & Cheese + Potato Wedges Chicken Caesar Salad + Breadstick	Honey Glazed Chicken Thigh + Yellow Rice + Roll Chicken Caesar Salad + Breadstick	Turkey & Cheese Sub + Pickle Chicken Caesar Salad + Breadstick				
11	13 K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	14 K-2 Yogurt & Granola Parfait + Orange Wedges + Milk 3-6 OVS Yogurt and Granola Parfait or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	15 K-2 Egg, Potato & Cheese Breakfast Burrito + Apple + Milk 3-6 OVS Egg, Potato & Cheese Breakfast Burrito or Whole Grain Cereal + Apple + OJ + Milk	16 K-2 Banana Bread + Apple Slices + OJ + Milk 3-6 OVS Banana Bread or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	17 E-LEARNING DAY NO MEAL SERVICE		<p>Scholars must choose at least 3 components, one option must be a fruit or a vegetable. <i>(Entree contains 2 components: grain + protein)</i></p> <p>1- Entree (counts as 2 components) 2- Fruit (up to two portions) 3- Veggies / Dip (up to two portions) 4- Milk</p>	
								Breakfast
Hot Turkey & Cheese + Pickle Spear Chicken Caesar Salad + Breadstick	Chicken Teriyaki + Steamed Rice + Roll Chicken Caesar Salad + Breadstick	Spaghetti w/ Meat Sauce + Breadstick Chicken Caesar Salad + Breadstick	Buffalo Chicken Sandwich + Buttered Corn Chicken Caesar Salad + Breadstick	E-LEARNING DAY NO MEAL SERVICE				
20	PRESIDENT'S DAY NO SCHOOL	21 K-2 (2) Granola Bars + Orange Wedges + OJ + Milk 3-6 OVS (2) Granola Bars or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	22 K-2 Sausage & Cheese Sandwich + Apple + Milk 3-6 OVS Sausage & Cheese Sandwich or Whole Grain Cereal + Apple + OJ + Milk + Milk	23 K-2 Chocolate Zucchini Bread + Apple Slices + OJ + Milk 3-6 OVS Chocolate Zucchini Bread or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	24 K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk			<p>Scholars must choose at least 3 components, one option must be a fruit or a vegetable. <i>(Entree contains 2 components: grain + protein)</i></p> <p>1- Entree (counts as 2 components) 2- Fruit (up to two portions) 3- Veggies / Dip (up to two portions) 4- Milk</p>
Penne Alfredo with Chicken + Breadstick Chicken Caesar Salad + Breadstick	Turkey & Cheese Burrito + Salsa Chicken Caesar Salad + Breadstick	BBQ Drumsticks + Buttered Corn + Roll Chicken Caesar Salad + Breadstick	Ranch Chicken Wrap + Pickle Spear Chicken Caesar Salad + Breadstick					
27	27 K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	28 K-2 Yogurt & Granola Parfait + Orange Wedges + Milk 3-6 OVS Yogurt and Granola Parfait or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	1 K-2 Egg, Potato & Cheese Breakfast Burrito + Apple + Milk 3-6 OVS Egg, Potato & Cheese Breakfast Burrito or Whole Grain Cereal + Apple + OJ + Milk	2 K-2 Apple Cinnamon Muffin + Apple Slices + OJ + Milk 3-6 OVS Apple Cinnamon Muffin or Whole Grain Cereal + Apple Slices + Apple + OJ + Milk	3 K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk			
						Breakfast		
Chili Mac + Tortilla Chips Chicken Caesar Salad + Breadstick	Broccoli Cheese & Rice Soup + Roll Chicken Caesar Salad + Breadstick	Chicken Philly Burrito + Kale Chips Chicken Caesar Salad + Breadstick	Baked Chicken Sandwich + Pickle Chips Chicken Caesar Salad + Breadstick	Ham & Cheese Sub + Cole Slaw Chicken Caesar Salad + Breadstick				
6	6 K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	7 K-2 (2) Granola Bars + Orange Wedges + OJ + Milk 3-6 OVS (2) Granola Bars or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	8 K-2 Sausage & Cheese Sandwich + Apple + Milk 3-6 OVS Sausage & Cheese Sandwich or Whole Grain Cereal + Apple + OJ + Milk + Milk	9 K-2 Blueberry Muffin + Apple Slices + OJ + Milk 3-6 OVS Blueberry Muffin or Whole Grain Cereal + Apple Slices + Apple + OJ + Milk	10 K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	<p>Scholars must choose at least 3 components, one option must be a fruit or a vegetable. <i>(Entree contains 2 components: grain + protein)</i></p> <p>1- Entree (counts as 2 components) 2- Fruit (up to two portions) 3- Veggies / Dip (up to two portions) 4- Milk</p>		
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Macaroni & Cheese + Breadstick Chicken Caesar Salad + Breadstick	Chicken Noodle Soup + Roll Chicken Caesar Salad + Breadstick	Hot Ham & Cheese + Potato Wedges Chicken Caesar Salad + Breadstick	Honey Glazed Chicken Thigh + Yellow Rice Chicken Caesar Salad + Breadstick	Turkey & Cheese Sub + Pickle Chicken Caesar Salad + Breadstick				
ALWAYS AVAILABLE AT OVS 3-4/ 5-6	Whole Grain Cereal Apples Orange Juice Milk (1% and Skim)	Whole Grain Cereal Orange Juice Milk (1% and Skim)	Whole Grain Cereal Orange Juice Milk (1% and Skim)	Whole Grain Cereal Orange Juice Milk (1% and Skim)	Whole Grain Cereal Orange Juice Milk (1% and Skim)			
ALWAYS AVAILABLE AT LUNCH:	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water			
<p>Lunches include an option of chocolate or regular milk; Breakfast includes either skim or 1% milk Substitutions may be required based on ingredient availability If your scholar has medical or dietary allergens or restrictions, please let the school office know of any required accommodations</p> <p>In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.</p>								