











# February 2024

## Regular Organic – Main Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																									
				1 Ground Beef Stroganoff Egg Noodles Organic Mixed Vegetables  Fresh Organic Fruits	2  PIZZA	3																																																																																									
4	5 Pasta (on Butter) Roast Turkey Slices Peas and Carrots Shredded Cheese on top  Unsweetened Applesauce	6 Chicken Nuggets Steamed Organic Broccoli Enriched White Rice with Carrots Organic Pinto Beans  Unsweetened Applesauce	7 <b>Burger Party</b> Premium Potato Buns, Homemade Meat-Broccoli patties & Cheese, Oven Baked Medley Rustic Potatoes, Sweet Potatoes and Carrots  Fresh Organic Fruits	8 <b>Taco Party</b> Soft flour tortillas or Tortilla chips Ground Meat - Taco Seasoned, Diced tomatoes, Chopped lettuce, Black beans and Shredded cheese  Fresh Organic Fruits	9  PIZZA	10 Chinese New Year																																																																																									
11	12 Brown Rice Sweet and Sassy Chicken (Chicken Honey Mustard Glaze) Italian Green Beans  Unsweetened Applesauce	13 Meatloaf with Ground Beef Pasta (on Butter) Fresh Sweet Potato and Vegetable Mix  Fresh Organic Fruits	14 Chicken in Gravy or Sauce Snow Peas With Butter and Lemon Pasta (on Butter) and Soft Roll  Fresh Organic Apple Slices	15 Spaghetti & Meat Sauce with Ground Beef and Carrots Salad (Spinach, Romaine, Tomato, Cucumber) Ranch Dressing Garlic Bread  Fresh Organic Fruits	16  PIZZA	17																																																																																									
18	19 <b>NO SCHOOL</b>	20 Breaded Fish Oven Baked Creamy and Cheesy Potato-Broccoli-Cauliflower Casserole Cucumber Slices on the Side  Fresh Organic Fruits	21 Sliced Turkey with Gravy Steamed Organic Carrots Baked Potatoes with cheese Corn Muffin on the side  Fresh Organic Fruits	22 Chicken on Yellow Brown Rice Organic Green Beans and Sweet Corn  Fresh Organic Fruits	23  PIZZA	24																																																																																									
25	26 Baked Sliced Chicken Fresh Sweet Potato Steamed Organic Broccoli  Unsweetened Applesauce	27 Chicken Tetrazzini Shredded Cheese on top Plus Fresh Organic Tomatoes and Garlic Bread on the Side  Fresh Organic Fruits	28 Breaded Fish Pasta (on Butter) Organic Green Peas and Sweet Corn  Fresh Organic Fruits	29 Ground Beef Stroganoff Egg Noodles Organic Mixed Vegetables  Fresh Organic Fruits	1  PIZZA																																																																																										
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## Regular Organic – Menu Option 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
				1 Ground Beef with Vegetable Mix Enriched Basmati White Rice Organic Pinto Beans  Fresh Organic Fruits	2  PIZZA	3																																																																																											
4	5 Perfect Beef Bolognese Pasta with Enriched Bolognese Beef Sauce plus Carrots Shredded Parmesan Cheese on top  Unsweetened Applesauce	6 Homemade Beef and Veal Meatballs Steamed Organic Broccoli Enriched White Rice with Carrots Organic Pinto Beans  Unsweetened Applesauce	7 Burger Party Premium Potato Buns, Homemade Meat-Broccoli patties & Cheese, Oven Baked Medley Rustic Potatoes, Sweet Potatoes and Carrots  Fresh Organic Fruits	8 Chicken Burritos (Soft Tortilla, Cilantro Rice, Black Beans and Homemade Guacamole) Plus Organic Sweet Corn and crunchy corn tortilla chips  Fresh Organic Fruits OR Yogurt	9  PIZZA	10 Chinese New Year																																																																																											
11	12 Vegetable Homemade Lasagna Alfredo Sauce, zucchini, cauliflower, Carrots, Corn, Cheese and Spinach Plus Garlic Bread on the Side  Unsweetened Applesauce	13 Ground Beef Enriched Basmati White Rice Organic Pinto Beans and Vegetable Mix  Fresh Organic Fruits	14 Large Square Cheese Ravioli Fresh Tomato and Basil Sauce and Soft Roll  Fresh Organic Fruits	15 Asiatic Inspired Fried Rice with Veggie Mix, Organic Baby Corn and Scrambled eggs plus Diced Chicken  Fresh Organic Fruits	16  PIZZA	17																																																																																											
18	19 NO SCHOOL	20 Baked Cheesy Chicken Taquito with Organic Sweet Corn Oven Baked Creamy and Cheesy Potato-Broccoli-Cauliflower Casserole  Fresh Organic Fruits	21 Chicken Quesadilla Soft flour tortillas, Shredded Chicken and Shredded cheese Oven Baked Medley Rustic Potatoes, Sweet Potatoes and Carrots  Fresh Organic Fruits	22 Yellow Brown Rice Homemade Beef and Veal Meatballs Organic Green Beans and Sweet Corn  Fresh Organic Fruits	23  PIZZA	24																																																																																											
25	26 Chicken Stroganoff (hormone-free chicken breast with carrots, cauliflower and Mushrooms), Enriched Basmati White Rice and Thin Potato Sticks  Unsweetened Applesauce	27 Chicken Tetrizzini Shredded Cheese on top Plus Fresh Organic Tomatoes and Garlic Bread on the Side  Fresh Organic Fruits	28 Lime, Asparagus and Caper Butter Pasta with Breaded Fish  Fresh Organic Fruits	29 Chicken Parmeggiana with Spaghetti Fresh Tomatoes and Basil Sauce  Fresh Organic Fruits	1  PIZZA																																																																																												
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# February 2024

## Regular Organic – VEGAN Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																									
				1 Meatless' Ground Beef with Vegetable Mix Enriched Basmati White Rice Organic Pinto Beans  Fresh Organic Fruits	1 	3																																																																																									
4	5 Perfect Meatless' Beef Bolognese Pasta with Enriched Bolognese Meatless' Beef Sauce plus Carrots Shredded Parmesan Cheese on top  Unsweetened Applesauce	6 Homemade Meatless' Beef Meatballs Steamed Organic Broccoli Enriched White Rice with Carrots Organic Pinto Beans  Unsweetened Applesauce	7 Burger Party Premium Potato Buns, Homemade Meatless' Beef Burger, Dairy Free Cheese Oven Baked Medley Rustic Potatoes, Sweet Potatoes and Carrots  Fresh Organic Fruits	8 Mushrooms Burritos (Soft Tortilla, Cilantro Rice, Black Beans and Homemade Guacamole) Plus Organic Sweet Corn and crunchy corn tortilla chips  Fresh Organic Fruits OR Yogurt	9 	10 Chinese New Year																																																																																									
11	12 Vegetable Homemade Lasagna Alfredo Sauce, zucchini, cauliflower, Carrots, Corn, Dairy Free Cheese and Spinach Plus Garlic Bread on the Side  Unsweetened Applesauce	13 Meatless' Ground Beef Enriched Basmati White Rice Organic Pinto Beans and Vegetable Mix  Fresh Organic Fruits	14 Mushrooms Ravioli Fresh Tomato and Basil Sauce and Soft Roll  Fresh Organic Fruits	15 Asiatic Inspired Fried Rice with Veggie Mix, Organic Baby Corn and Mushrooms plus Meatless Chick'n  Fresh Organic Fruits	16 	17																																																																																									
18	19 <b>NO SCHOOL</b>	20 Baked Vegetable and Mushrooms Taco with Organic Sweet Corn Oven Baked Creamy and Cheesy Potato-Broccoli-Cauliflower Casserole  Fresh Organic Fruits	21 Meatless Chick'n Quesadilla Soft flour tortillas, Shredded Chicken and Shredded cheese Oven Baked Medley Rustic Potatoes, Sweet Potatoes and Carrots  Fresh Organic Fruits	22 Yellow Brown Rice Homemade Meatless' Beef Meatballs Organic Green Beans and Sweet Corn  Fresh Organic Fruits	23 	24																																																																																									
25	26 Meatless Chick'n Bites Udon Noodles in a light, perfectly savory gravy Steamed Organic Broccoli  Unsweetened Applesauce	27 Mushrooms Tetrazzini Shredded Cheese on top Plus Fresh Organic Tomatoes and Garlic Bread on the Side  Fresh Organic Fruits	28 Meatless' Ground Beef Enriched Basmati White Rice Organic Green Peas and Sweet Corn and Organic Pinto Beans  Fresh Organic Fruits	29 Meatless Chick'n Bites Parmeggiana with Spaghetti Fresh Tomatoes and Basil Sauce  Fresh Organic Fruits	1 																																																																																										
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