

# Fall Harvest of the Season Menu

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9-12 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 1 Pepperoni Pizza Spicy Chicken Sandwich Hummus Wrap Roasted Carrots Romaine Salad Apple Wedges PEARS Ranch Dressing Vinaigrette Dressing CHEESE,PARMESAN, RED PEPPER FLAKE MAYONNAISE MUSTARD KETCHUP Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Feb - 2 Chicken Cantina Bowl Gourmet Grilled Cheese Chef Salad Spanish Rice Seasoned Pinto Beans CORN Pico Cup Cantaloupe w/ grapes PINEAPPLE CHUNKS Salsa SOUR CREAM Shredded Cheese Ranch Dressing Vinaigrette Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Feb - 3 BBQ Chicken Chili Yogurt Berry Parfait Southern Cornbread Roasted Butternut Squash GREEN BEANS PEARS,FRESH Apple Bake Shredded Cheese Gar Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Feb - 4 Tuscan Turkey Soup Cheesy Baked Potato Spicy Chicken Salad Garlic Bread BROCCOLI CHERRY TOMATOES BANANAS PEACHES SOUR CREAM Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Feb - 5 Sloppy Joe FISH STRIPS Make Your Own PB&J Macaroni and Cheese Honey Baked Beans Cole Slaw KIWI with GRAPES RAISINS TARTAR SAUCE KETCHUP Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim
Feb - 8 Oven Fried Chicken Italian Mega Meatballs Peaches and Cream Parfait Breadsticks Garlic Smashed Red Potatoes GREEN BEANS Apple Wedges STRAWBERRIES Gravy KETCHUP BBQ Sauce Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Feb - 9 Cheese Quesadilla Enchilada Bake Kale, Apple, & Chicken Salad Wrap Seasoned Black Beans Roasted Diced Sweet Potatoes Pico Cup WATERMELON CHUNKS FRUIT COCKTAIL Salsa SOUR CREAM Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Feb - 10 Orange Chicken Teriyaki Chicken Lo Mein Noodles Chef Salad BROCCOLI RED PEPPERS & CARROTS ORANGES Cinnamon Applesauce Ranch Dressing Vinaigrette Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Feb - 11 Cheesy Baked Penne Garlic Bread Pepperoni Pizza Flatbread Deli Sub Steamed Vegetable Medley Spinach Side Salad LETTUCE & TOMATO PICKLES,DILL SPEAR GRAPES,Fresh PEACHES Vinaigrette Dressing Ranch Dressing SOUR CREAM Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Feb - 12 HAMBURGER ON A BUN VEGGIE BURGER Chicken Tender Salad Roasted Potato Wedge Baby Carrots LETTUCE & TOMATO PICKLES,DILL SPEAR PEACHES,FRESH DRIED CRANBERRIES KETCHUP MUSTARD MAYONNAISE Ranch Dressing Vinaigrette Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim
Feb - 15 Pepperoni Pizza Spicy Chicken Sandwich Yogurt Berry Parfait Roasted Carrots Romaine Salad Apple Wedges PEARS Ranch Dressing Vinaigrette Dressing CHEESE,PARMESAN, RED PEPPER FLAKE MAYONNAISE MUSTARD KETCHUP Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Feb - 16 Chicken Fajita Cheesy Baked Potato Cobb Salad Breadsticks Spanish Rice Seasoned Pinto Beans Pico Cup Cantaloupe w/ grapes PINEAPPLE CHUNKS Salsa SOUR CREAM Shredded Cheese Gar Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Feb - 17 Sweet Potato Taco Southern Cornbread Grilled Cheese Spicy Chicken Wrap CORN BROCCOLI, raw PEARS,FRESH Apple Bake Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Feb - 18 Curried Turkey and Butternut Squash Chicken Wings and Roll Fruit & Cheese Bistro Plate Steamed Rice Roasted Cauliflower Celery and Carrot Stick BANANAS PEACHES Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Feb - 19 BBQ Sandwich Macaroni and Cheese Grilled Chicken Caesar Honey Baked Beans Cole Slaw KIWI with GRAPES RAISINS Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim


\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Fall Harvest of the Season Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 22	Feb - 23	Feb - 24	Feb - 25	Feb - 26
Chicken Tenders Egg Hummus and Pita Bistro Plate WAFFLES Roasted Red Potatoes CHERRY TOMATOES GRAPEFRUIT HALVES Smoothie White Gravy SYRUP,PANCAKE Salsa Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Taco Pocket Buffalo Chicken Flatbread Apple Cinnamon Bread Seasoned Black Beans CUCUMBER COINS Pico Cup WATERMELON CHUNKS FRUIT COCKTAIL Salsa SOUR CREAM Shredded Cheese Gar Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Teriyaki Chicken w/ Brown Rice Cheesy Breadsticks & Make Your Own PB&J BROCCOLI Baby Carrots ORANGES Cinnamon Applesauce Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	PASTA BAR w/ Meat & Steamed Vegetable Medley Turkey and Cheese Wrap Sweet Kale Salad GRAPES,Fresh PEACHES CHEESE,PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Chicken Sandwich Bean and Cheese Burrito Chicken Tender Salad Sweet Potato Fries GREEN BEANS LETTUCE & TOMATO PICKLES,DILL SPEAR PEACHES,FRESH DRIED CRANBERRIES KETCHUP MUSTARD MAYONNAISE Salsa Ranch Dressing Vinaigrette Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim



Utah  
FARM  
to  
FORK  
Harvest of the Season

**Green Highlight= Seasonal Scratch Recipe Available**

**Yellow Highlight= Harvest of the Season Item, source locally when possible**

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 \*- denotes combined nutrient totals with either missing or incomplete nutrient data.

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