

Fall Harvest of the Season Menu

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K-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 1 Pepperoni Pizza Hummus Wrap Roasted Carrots Romaine Salad Apple Wedges PEARS Ranch Dressing Vinaigrette Dressing CHEESE,PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Feb - 2 Chicken Cantina Bowl Chef Salad Spanish Rice Seasoned Pinto Beans CORN Pico Cup Cantaloupe w/ grapes PINEAPPLE CHUNKS Salsa SOUR CREAM Shredded Cheese Gar Ranch Dressing Vinaigrette Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Feb - 3 BBQ Chicken Chili 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 BROCCOLI Garlic Bread CHERRY TOMATOES BANANAS PEACHES SOUR CREAM Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Feb - 5 Sloppy Joe FISH STRIPS Honey Baked Beans Cole Slaw KIWI with GRAPES RAISINS Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim
Feb - 8 Oven Fried Chicken BISCUITS Peaches and Cream Parfait 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 Kale Apple and 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 BROCCOLI RED PEPPERS & CARROTS ORANGES Cinnamon Applesauce Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Feb - 11 Cheesy Baked Penne Deli Sub Steamed Vegetable Medley Spinach Side Salad LETTUCE & TOMATO PICKLES,DILL SPEAR GRAPES,Fresh PEACHES Vinaigrette Dressing MUSTARD MAYONNAISE CHEESE,PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Feb - 12 GRILLED CHICKEN SANDO VEGGIE BURGER Roasted Red Potatoes Baby Carrots LETTUCE & TOMATO PICKLES,DILL SPEAR PEACHES,FRESH DRIED CRANBERRIE KETCHUP MUSTARD MAYONNAISE Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim
Feb - 15 Pepperoni Pizza Yogurt Berry Parfait Roasted Carrots Romaine Salad Apple Wedges PEARS Ranch Dressing Vinaigrette Dressing CHEESE,PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Feb - 16 Chicken Fajita Cobb Salad Spanish Rice Refried 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 Grilled Cheese Southern Cornbread 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 Fruit and Cheese Bistro Plate Steamed Brown 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 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 WAFFLE Roasted Red Potatoes CHERRY TOMATOES GRAPEFRUIT HALVES Smoothie White Gravy SYRUP, PANCAKE Salsa Ranch Dressing Milk Non-fat Chocolate MILK, 1% Lowfat MILK, Skim	Beef Taco 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 Make Your Own PB&J BROCCOLI Baby Carrots ORANGES Cinnamon Applesauce Milk Non-fat Chocolate MILK, 1% Lowfat MILK, Skim	PASTA BAR w/ Meat & Steamed Vegetable Medley 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 Sweet Potato Fries GREEN BEANS LETTUCE & TOMATO PICKLES, DILL SPEAR PEACHES, FRESH DRIED CRANBERRIES KETCHUP MUSTARD MAYONNAISE Salsa 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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