

FEBRUARY 2023

Pelham Elementary School

Monday



Hard Shell Tacos Chicken or Beef **Assorted Toppings** Black Beans

Assorted Fruit & Vegetables

Alfredo Pasta

13 Chicken, Broccoli &

Whole Grain Garlic Bread

20 Teriyaki Chicken **Brown Rice Steamed Carrots** Fortune Cookie Assorted Fruit & Vegetables

No School

Tuesday



Whole Grain Waffles Baked Hash Brown Egg Patty Assorted Fruit & Vegetables



Heart Shaped Nuggets Brown Rice Steamed Corn Assorted Fruit & Vegetables Assorted Fruit & Vegetables

> 21 **WG French Toast Sticks**

Cheese Stick Breakfast Sausage Assorted Fruit & Vegetables | Assorted Fruit & Vegetables

28

No School

Wednesday



Whole Grain Pancakes Hot Cinnamon Pears Egg Patty Assorted Fruit & Vegetables

Macaroni & Cheese Whole Grain Bun Steamed Green Beans Assorted Fruit & Vegetables

-Half Day-

Ham, Egg, Cheese on **Whole Grain Croissant Baked Tater Tots** Assorted Fruit & Vegetables

Pasta with Meat Sauce Shredded Cheese Steamed Green Beans



Thursday

BBQ Pulled Pork Whole Grain Bun Oven Fries Mini Treat Assorted Fruit & Vegetables

Beef Hot Dog on Whole Grain Bun **Baked Oven Fries** Assorted Fruit & Vegetables

16 **Grilled Cheese** on Whole Grain Bread

Chicken Noodle Soup Homemade Peach Cobbler Assorted Fruit & Vegetables

WG Chicken Tenders Mashed Potatoes Steamed Corn

Assorted Fruit & Vegetables

Friday

Whole Grain Gill's Pizza Caesar Salad Assorted Fruit & Vegetables

10

Stuffed Crust Pizza Steamed Broccoli Florets Mini Treat

Assorted Fruit & Vegetables

WG Pizza Sticks

Marinara Dipping Sauce Mini Treat Assorted Fruit & Vegetables

Whole Grain Cheese Pizza

Caesar Salad Mini Treat Assorted Fruit & Vegetables



All meals served with fruit, vegetables, and low fat assorted milk choices

Alternative Meals: Sun Butter and Jelly Sandwich, Pizza Pack, Nacho Meal, Cereal Meal- All Accompanied with Assorted Fresh Fruit, Assorted Fresh Vegetables, and Low Fat Assorted Milk