

**What is a Meal?**  
 You must choose at least 3 of the 5 components available for the school lunch price.

**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch**

Meat or meat alternate  
 Choice of Vegetable  
 Choice of Fruit  
 Grain/Bread

Choice of Milk - 1% white, and fat-free chocolate



**Weekly Vegetable Subgroups May include:**  
**Dark green** - spinach, broccoli, romaine and spring salad  
**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers  
**Beans/Peas**

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

**Daily Fruit Selection May include:**  
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!**

**DAILY ALTERNATES.**

Daily entrée options may include:  
 Sunbutter and Jelly on WG Sliced Bread,  
 Gluten free alternative  
**WG= Whole Grain**

**Nutritious Friends**

**Look for our Nutritious Friend of the Month on the menu!!**

**Lunch Prices**  
**Student \$0.00**  
**Adult \$0.00**

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**Email**  
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# MHY Family Service February 2025



**Monday**

**27**

**Breakfast**

Pancakes w/ Syrup or Cereal  
 Apple and Fruit Juice  
 1% White or Skim Milk

**Lunch**

Cheese Quesadilla Flatbread  
 Cheeseburger  
 French Fries  
 Choice of Fruit Veggie and Milk

**Tuesday**

**28**

**Breakfast**

Breakfast Pizza or Cereal  
 Apple and Fruit Juice  
 1% White or Skim Milk

**Lunch**

BBQ Chicken and Cheese Wrap  
 Sausage Sandwich w/ Peppers and Onions  
 Glazed Carrots  
 Choice of Fruit Veggie and Milk

**Wednesday**

**29**

**Breakfast**

Bagel w/ Cream Cheese or Jelly or Cereal  
 Apple and Fruit Juice  
 1% White or Skim Milk

**Lunch**

Pasta w/ Meat Sauce  
 Italian Hoagie  
 Mixed Veggies  
 Choice of Fruit Veggie and Milk

**Thursday**

**30**

**Breakfast**

Belgian Waffle w/ Syrup or Cereal  
 Apple and Fruit Juice  
 1% White or Skim Milk

**Lunch**

General Tso Chicken over Rice  
 Cheesesteak Hoagie  
 Roasted Veggies  
 Choice of Fruit Veggie and Milk

**Friday**

**31**

**Breakfast**

Breakfast on a Stick or Cereal  
 Apple and Fruit Juice  
 1% White or Skim Milk

**Lunch**

Pepperoni Calzone w/ Dipping Sauce  
 Chicken Bacon Ranch Wrap  
 Broccoli  
 Choice of Fruit Veggie and Milk

**3**

**Breakfast**

Pancakes w/ Syrup or Cereal  
 Apple and Fruit Juice  
 1% White or Skim Milk

**Lunch**

Toasted Cheese  
 Sloppy Joe Sandwich  
 Tomato Soup and Green Beans  
 Choice of Fruit Veggie and Milk

**4**

**Breakfast**

Breakfast Pizza or Cereal  
 Apple and Fruit Juice  
 1% White or Skim Milk

**Lunch**

Walking Taco  
 Chicken Fajita  
 Corn on the Cobb  
 Choice of Fruit Veggie and Milk

**5**

**Breakfast**

Bagel w/ Cream Cheese or Jelly or Cereal  
 Apple and Fruit Juice  
 1% White or Skim Milk

**Lunch**

Chicken Patty Sandwich  
 Beef Lasagna w/ Roll  
 Green Beans  
 Choice of Fruit Veggie and Milk

**6**

**Breakfast**

Egg and Cheese Breakfast Sandwich or Cereal  
 Apple and Fruit Juice  
 1% White or Skim Milk

**Lunch**

Chicken Alfredo  
 Pulled Pork Sandwich  
 Steamed Broccoli  
 Choice of Fruit Veggie and Milk

**7**

**Breakfast**

WG Donuts or Cereal  
 Apple and Fruit Juice  
 1% White or Skim Milk

**Lunch**

Pizza Bagel  
 Fish Nuggets w/ Dinner Roll  
 Cheesy Broccoli and Rice  
 Choice of Fruit Veggie and Milk

**10**

**Breakfast**

French Toast w/ Syrup or Cereal  
 Apple and Fruit Juice  
 1% White or Skim Milk

**Lunch**

Chicken and Waffles w/ Syrup  
 Sloppy Joe Sandwich  
 Roasted Maple Sweet Potatoes  
 Choice of Fruit Veggie and Milk

**11**

**Breakfast**

Breakfast Pizza or Cereal  
 Apple and Fruit Juice  
 1% White or Skim Milk

**Lunch**

Chicken or Beef Soft Tacos  
 Spanish Rice  
 Corn and Bean Salad  
 Choice of Fruit Veggie and Milk

**12**

**Breakfast**

Cream Cheese Bagel or Cereal  
 Apple and Fruit Juice  
 1% White or Skim Milk

**Lunch**

Chili Cheese Hot Dog  
 Italian Chicken Sandwich  
 Ranch Roasted Potatoes  
 Choice of Fruit Veggie and Milk

**13**

**Breakfast**

Belgian Waffle w/ Syrup or Cereal  
 Apple and Fruit Juice  
 1% White or Skim Milk

**Lunch**

Buffalo Chicken Faltbread  
 Pepperoni Pizza Sticks w/ Dipping Sauce  
 Sweet Peas  
 Choice of Fruit Veggie and Milk

**14**

**Breakfast**

Breakfast on a Stick or Cereal  
 Apple and Fruit Juice  
 1% White or Skim Milk

**Lunch**

Macaroni and Cheese w/ Breadstick  
 Rib Sandwich  
 Green Beans w/ Bacon  
 Choice of Fruit Veggie and Milk

**17**



**18**

**Breakfast**

Breakfast Pizza or Cereal  
 Apple and Fruit Juice  
 1% White or Skim Milk

**Lunch**

Breakfast For Lunch!  
 French Toast Sticks w/ Syrup  
 Sausage, Egg Patty and Hashbrown  
 Choice of Fruit Veggie and Milk

**19**

**Breakfast**

Bagel w/ Cream Cheese or Jelly or Cereal  
 Apple and Fruit Juice  
 1% White or Skim Milk

**Lunch**

Dino Nuggets w/ Roll  
 Cheese Ravioli w/ Marinara Sauce  
 Brussel Sprouts  
 Choice of Fruit Veggie and Milk

**20**

**Breakfast**

Egg and Cheese Sandwich or Cereal  
 Apple and Fruit Juice  
 1% White or Skim Milk

**Lunch**

Chicken Noodle Soup  
 Southwest Chicken Wrap  
 Mini Corn Dogs  
 Corn on the Cobb  
 Choice of Fruit Veggie and Milk

**21**

**Breakfast**

WG Donuts or Cereal  
 Apple and Fruit Juice  
 1% White or Skim Milk

**Lunch**

Stuffed Crust Pizza  
 Chicken Salad Wrap  
 Roasted Veggies  
 Choice of Fruit Veggie and Milk