

OLBR LUNCH

FEBRUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 A: CHICKEN FINGERS B: PBJ VEG. BEANS, RICE	2 A: TACO B: TURKEY SANDWICH SALSA, CORN	3 A: GRILLED CHEESE B: PBJ SOUP, BABY CARROTS, DIP	4 A: CHICKEN & RICE B: TURKEY SANDWICH GREEN BEANS, DRAGON PUNCH	5 A: CHEESE PIZZA B: PBJ C: TURKEY PEPPERONI PIZZA CUCUMBERS, DIP, YOGURT, SALAD
8 A: CHICKEN PATTY B: SPICEY CHICKEN PATTY C: PBJ RICE, VEG. BEANS	9 A: TACO B: TURKEY SANDWICH SALSA, CORN	10 A: CHILI B: PBJ BREAD STIX, SALAD, CARROTS	11 A: HOT CHICKEN OVER NOODLES B: TURKEY SANDWICH GREEN BEANS, DRAGON PUNCH	12 NO SCHOOL
15 NO SCHOOL	16 NO SCHOOL	17 NO SCHOOL	18 NO SCHOOL	19 NO SCHOOL
22 A: CHICKEN PATTY B: SPICY CHICKEN PATTY C: PBJ DICED POTATOES, VEG. BEANS	23 A: TACO B: TURKEY SANDWICH SALSA, CORN	24 A: CHEESEY BEEF AND NOODLES B: PBJ SALAD, DRAGON PUNCH	25 A: MEATLOAF B: TURKEY SANDWICH MASHED POTATOS, GREEN BEANS	26 A: CHEESE PIZZA B: PBJ CUCUMBERS, CARROS, DIP, YOGURT

<p>* PEANUTBUTTER AND JELLY OR TUNA SANDWICH AVAILABLE EVERYDAY</p>	<p>Fruit is offered daily in a minimum of ½ cup servings and may be fresh, frozen, 100% juice or canned. Vegetables are also offered in ½ cup portions (1 cup for leafy greens) unless otherwise noted. Serving sizes for Grains are 1-2 oz. All meals include 1% white or fat free white, fat free chocolate Condiments are 1-2 TBS 1 oz. of Bread is available when a Main Lunch item does not include it A complete lunch MUST include at least 3 components and 1 or the components MUST be a fruit or vegetable. Peanut butter and jelly sandwich available everyday.</p>
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OLBR BREAKFAST FEBRUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 GRAB AND GO	2 GRAB AND GO	3 GRAB AND GO	4 GRAB AND GO	5 GRAB AND GO
8 GRAB AND GO	9 GRAB AND GO	10 GRAB AND GO	11 GRAB AND GO	12 NO SCHOOL
15 NO SCHOOL	16 NO SCHOOL	17 NO SCHOOL	18 NO SCHOOL	19 NO SCHOOL
22 GRAB AND GO	23 GRAB AND GO	24 GRAB AND GO	25 GRAB AND GO	26 GRAB AND GO

Breakfast is offered daily

**1% white or skim milk is offered with each breakfast in a 1 cup serving. Fruit is offered daily as 100% Fruit Juice, fresh, frozen or canned in ½ cup portions. Cheese cube or stick or graham cracker available each day.
For a complete breakfast you must take at least 3 of the offered components and at least 1 *MUST* be fruit.**

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