

A YUMMY FEBRUARY MENU PAIDEIA CLASSICAL ACADEMY

4	5	6	7	8	
Pasta w/Turkey Bolognese Sauce, Roasted Seasonal Veggies, Fresh Fruit	Breakfast for Lunch-Sweet Potato Pancakes, Eggs, Fresh Fruit	Turkey & Cheese Enchiladas, Rice & Beans, Fresh Fruit	BBQ Chicken, Baked Beans, Corn Bread, Fresh Fruit	Pulled Beef & Cheese Nachos, Black Beans, Fresh Fruit	Turkey Sandwich, Veggie Chips, Fresh Fruit
Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit	Baked Ziti, Roasted Seasonal Veggies, Garlic Bread, Fresh Fruit	Cheese Enchiladas, Rice & Beans, Fresh Fruit	BBQ Chicken Sandwich, Baked Beans, Corn Bread, Fresh Fruit	Cheese Nachos, Black Beans, Fresh Fruit	Hummus & Roasted Veggie Sandwich, Veggie Chips, Fresh Fruit
Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit	Pasta w/Olive Oil, Garlic Bread, Roasted Seasonal Veggies, Fresh Fruit	Grilled Cheese, Roasted Veggies, Fresh Fruit	Mac & Cheese, Roasted Veggies, Fresh Fruit	Grilled Cheese, Roasted Veggies, Fresh Fruit	Grilled Chicken Sandwich, Veggie Chips, Fresh Fruit
Other Selection from Cold Options:	Other Selection from Cold Options:	Other Selection from Cold Options:	Other Selection from Cold Options:	Cheese Pizza, Veggies & Dip, Fresh Fruit	Turkey & Swiss Wrap, Veggie Chips, Fresh Fruit
				Cheese Pizza, Veggie Chips, Fresh Fruit	Turkey Wrap, Veggie Chips, Fresh Fruit
				Other Selection from Cold Options:	Tuna Salad Sandwich, Veggie Chips, Fresh Fruit
					Sun Butter & Grape Jelly, Veggie Chips, Fresh Fruit
					Cobb Salad, Crackers, Fresh Fruit
					Meatless Cobb Salad, Crackers, Fruit
					Bistro Pasta Salad w/Chicken, Fresh Baked Roll, Fresh Fruit
					Bistro Pasta Salad, Fresh Baked Roll, Fruit
					Kale & Red Quinoa Salad w/Sesame Dressing, Fresh Fruit
					Seasonal Beet Salad w/Goat Cheese, Apple Slices & Arugula, Fresh Fruit
					Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit
					Bagel w/Jelly, Veggies & Hummus, Fruit
					MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit
					MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit
					MYO Cheese Stackers, Veggies & Hummus, Fruit

11	12	13	14	15	
Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit	Roasted Chicken w/Smashed Potatoes, Roasted Sweet Peas, Fresh Fruit	Arroz con Pollo, Baked Plantains, Fresh Fruit	Lean Beef Burgers, Roasted Veggies, Fresh Fruit	Baked Fish Sticks w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit	Turkey Sandwich, Veggie Chips, Fresh Fruit
Rigatoni Genovese w/Chicken, Roasted Veggies, Fresh Fruit	Cheese Lasagna, Roasted Sweet Peas, Fresh Fruit	Marinated Chicken, Baked Plantains, Brown Rice, Fresh Fruit	Lean Beef Meatballs w/Tomato Sauce, Roll, Roasted Veggies, Fresh Fruit	Breaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit	Turkey & Swiss Sub, Veggie Chips, Fruit
Rigatoni Genovese, Roasted Veggies, Fresh Fruit	Pasta w/Olive Oil, Roasted Sweet Peas, Fresh Fruit	Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit	Veggie Burger, Roasted Veggies, Fresh Fruit	Grilled Cheese, Roasted Potato Wedges, Fresh Fruit	Ham & Swiss Sub Sandwich, Veggie Chips, Fresh Fruit
Rigatoni w/Olive Oil, Roasted Veggies, Fresh Fruit	Other Selection from Cold Options:	Other Selection from Cold Options:	Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit	Cheese Pizza, Veggies & Dip, Fresh Fruit	Cheese Sandwich, Veggie Chips, Fresh Fruit
Other Selection from Cold Options:			Other Selection from Cold Options:	Cheese Pizza, Veggie Chips, Fresh Fruit	Grilled Chicken Wrap, Veggie Chips, Fruit
				Other Selection from Cold Options:	Sun Butter & Grape Jelly, Veggie Chips, Fresh Fruit
					Southwestern Grilled Chicken Salad, Tortilla Chips, Fresh Fruit
					Southwestern Salad, Tortilla Chips, Fruit
					Salad w/Buffalo Chicken & Buttermilk Dressing, Crackers, Fresh Fruit
					Chickpea Shawarma Salad, Pita Bread, Fresh Fruit
					Black & Blue Salad, Crackers, Fresh Fruit
					Grilled Beef Tip Salad, Crackers, Fresh Fruit
					Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit
					Bagel w/Jelly, Veggies & Hummus, Fruit
					MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit
					MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit
					MYO Cheese Stackers, Veggies & Hummus, Fruit

18	19	20	21	22	
NO YUMMY LUNCHES	Penne w/Low Fat Alfredo Sauce w/Chicken, Roasted Veggies, Fresh Fruit	Sweet & Sour Chicken w/Veggie Fried Rice, Steamed Edamame, Fresh Fruit	Turkey Meatball Subs, Roasted Seasonal Veggies, Fresh Fruit	Cheese Pizza, Veggies & Dip, Fresh Fruit	Turkey Sandwich, Veggie Chips, Fresh Fruit
NO SCHOOL! PRESIDENT DAY	Penne w/Low Fat Alfredo Sauce, Roasted Veggies, Fresh Fruit	Grilled Cheese, Steamed Edamame, Fresh Fruit	Turkey Meatballs w/Tomato Sauce, Roll, Roasted Seasonal Veggies, Fresh Fruit	Cheese Pizza, Veggie Chips, Fresh Fruit	Ham & Cheese Sandwich Veggie Chips, Fresh Fruit
	Penne w/Olive Oil, Roasted Veggies, Fresh Fruit	Other Selection from Cold Options:	Veggie Crumble Meatballs w/Tomato Sauce, Roll, Roasted Seasonal Veggies, Fresh Fruit	Chicken Chop w/Saffron Yellow Rice, Black Beans, Fresh Fruit	Turmeric Chickpea Salad Sandwich, Veggie Chips, Fresh Fruit
	Baked Chicken Nuggets, Glazed Carrots, Fresh Fruit		Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit	Marinated Grilled Chicken Sandwich, Black Beans, Fresh Fruit	MILD Buffalo Chicken Wrap, Veggie Chips, Fresh Fruit
	Other Selection from Cold Options:		Other Selection from Cold Options:	Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit	Grilled Chicken Wrap, Veggie Chips, Fresh Fruit
				Other Selection from Cold Options:	Sun Butter & Grape Jelly, Veggie Chips, Fresh Fruit
					Asian Chicken & Quinoa Salad, Fresh Fruit
					Asian Veggie & Quinoa Salad, Fresh Fruit
					Farmer's Market Salad, Crackers, Fresh Fruit
					Farmer's Market Salad w/Chicken, Crackers, Fresh Fruit
					Grilled Chicken Caesar Salad, Fresh Fruit
					Caesar Salad, Fresh Fruit
					Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit
					Bagel w/Jelly, Veggies & Hummus, Fresh Fruit
					MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit
					MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit
					MYO Cheese Stackers, Veggies & Hummus, Fresh Fruit

25	26	27	28	1	
Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit	Maple Mustard Glazed Sliced Turkey, Roasted Sweet Potato Fries, Roll, Fresh Fruit	"Make Your Own Yummy..." Chicken Fajitas, Brown Rice, Black Beans, Fresh Fruit	Baked Fish Cakes w/Slaw (on the side), Roasted Veggies, Fresh Fruit	Beef Gyro w/Tzatziki, Sautéed Peppers, Tomatoes & Onions, Veggie Chips, Fresh Fruit	Turkey Sandwich, Veggie Chips, Fresh Fruit
Pasta w/Sirloin & Mushroom Sauce, Roasted Seasonal Veggies, Fresh Fruit	Maple Mustard Glazed Turkey Po' Boy, Roasted Sweet Potato Fries, Fresh Fruit	Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit	Breaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Veggies, Fresh Fruit	Grilled Cheese, Roasted Veggies, Fresh Fruit	Italian Sandwich on Ciabatta, Veggie Chips, Fresh Fruit
Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit	Cheese Tortellini w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit	Other Selection from Cold Options:	Mac & Cheese, Roasted Veggies, Fresh Fruit	Cheese Pizza, Veggies & Dip, Fresh Fruit	Cheese Sandwich on Ciabatta, Veggie Chips, Fresh Fruit
Other Selection from Cold Options:	Cheese Tortellini w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit		Other Selection from Cold Options:	Cheese Pizza, Veggie Chips, Fresh Fruit	Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit
	Other Selection from Cold Options:			Other Selection from Cold Options:	Turkey Wrap, Veggie Chips, Fresh Fruit
					Turkey & Provolone Wrap, Veggie Chips, Fresh Fruit
					Dried Cranberries, Goat Cheese & Pumpkin Seed Salad, Crackers, Fresh Fruit
					Grilled Chicken, Dried Cranberries, Goat Cheese & Pumpkin Seed Salad, Crackers, Fresh Fruit
					Lean Beef Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit
					Greek Salad w/Grilled Chicken, Pita Bread, Fresh Fruit
					Greek Salad, Pita Bread, Fresh Fruit
					Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit
					Bagel w/Jelly, Veggies & Hummus, Fresh Fruit
					MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit
					MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit
					MYO Cheese Stackers, Veggies & Hummus, Fresh Fruit