## A YUMMY FEBRUARY MENU PAIDEIA CLASSICAL ACADEMY

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1	٢	b	7	8	Turkey Sandwich,
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	Hummus & Roasted Veggie Sandwich,
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	Veggie Chips, Fresh Fruit Grilled Chicken Sandwich, Veggie Chips, Fresh Fruit
Baked Chicken Nuggets, Roasted	Pasta w/Olive Oil,		Mac & Cheese, Roasted Veggies, Fresh Fruit	Grilled Cheese, Roasted Veggies, Fresh Fruit	Turkey & Swiss Wrap, Veggie Chips, Fresh Fruit Turkey Wrap, Veggie Chips,
Other Selection from Cold Options:	Other Selection	Other Selection from Cold Options:		Cheese Pizza, Veggies & Dip, Fresh Fruit Cheese Pizza, Veggie Chips, Fresh Fruit	Fresh Fruit  Tuna Salad Sandwich,  Veggie Chips,  Fresh Fruit  Sun Butter &
				Other Selection from Cold Options:	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
		The state of the s			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	Turkey Sandwich,
Baked Chicken	Roasted Chicken	Arroz con Pollo.	Lean Beef Burgers,	Baked Fish Sticks	Veggie Chips, Fresh
	w/Smashed	Baked Plantains,		w/Slaw (on the side),	Fruit
- 55	Potatoes, Roasted	Fresh Fruit		Roasted Potato	Turkey & Swiss Sub,
	Sweet Peas, Fresh			Wedges, Fresh Fruit	Veggie Chips, Fruit
	Fruit		T D5 V11 33		
Rigatoni Genovese		Marinated Chicken,	Lean Beef Meatballs w/Tomato Sauce,	Breaded & Baked Fish	Ham & Swiss Sub
w/Chicken, Roasted	Cheese Lasagna,			Sandwich w/Slaw (on	Sandwich, Veggie Chips, Fresh Fruit
	Roasted Sweet	Brown Rice, Fresh		the side), Roasted	carps, Fresh Figit
Fruit	Peas, Fresh Fruit	Fruit	Fruit	Potato Wedges, Fresh	Cheese Sandwich,
Rigatoni Genovese,				Fruit	Veggie Chips,
	Pasta w/Olive Oil,		Veggie Burger,		Fresh Fruit
	Roasted Sweet	Grilled Cheese,		Grilled Cheese,	Grilled Chicken
When the second	Peas, Fresh Fruit			Roasted Potato	Wrap, Veggie Chips,
Rigatoni w/Olive		Veggies, Fresh Fruit		Wedges, Fresh Fruit	Fruit
Oil, Roasted Veggies, Fresh	Other Selection		Mag C Chaoga		
55	from Cold Options:		Mac & Cheese, Roasted Seasonal	Cheese Pizza, Veggies	Sun Butter & Grape
	-	Other Selection from		& Dip, Fresh Fruit	Fresh Fruit
			Fruit	2, 113211 11412	Tesh Truit
Other Selection					Southwestern Grilled
from Cold Options:				Cheese Pizza, Veggie	
			Other Selection	Chips, Fresh Fruit	Tortilla Chips,
		R I	from Cold Options:		Fresh Fruit
			-	Other Selection	Southwestern Salad,
				from Cold Options:	Tortilla Chips,
					Fruit
					Colled (D-66-2
		8			Salad w/Buffalo Chicken & Buttermilk
					Dressing, Crackers,
					Fresh Fruit
					Chickpea Shawarma
					Salad, Pita Bread, Fresh Fruit
					Tesm Truit
					Black & Blue Salad,
					Crackers, Fresh Fruit
					Cuilled per 6 mi
					Grilled Beef Tip Salad, Crackers,
					Fresh Fruit
					Bagel w/Cream Cheese,
					Veggies & Hummus, Fresh Fruit
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					Bagel w/Jelly,
					Veggies & Hummus,
					Fruit
					MYO Turkey & Cheese
					Stackers, Veggies &
					Hummus, Fresh Fruit
					MYO Turkey Stackers,
					Veggies & Hummus, Fresh Fruit
					TIESH FIUIL
					MYO Cheese Stackers,
					Veggies & Hummus,
L					Fruit

18	19	20	21	22	
		20	51	22	Turkey Sandwich,
NO YUMMY LUNCHES	Penne W/Low Fat	Sweet & Sour Chicken	Thirdren Mosthell	D	Veggie Chips, Fresh
	Alfredo Sauce	w/Veggie Fried Rice,	Subs Posstad	Cheese Pizza, Veggies	Fruit
	w/Chicken, Roasted		Seasonal Veggies,	& Dip, Fresh Fruit	
NO SCHOOL!	Veggies, Fresh	Fresh Fruit	Fresh Fruit		Ham & Cheese Sandwick
PRESIDENT DAY	Fruit		Tesh Hare	Cheese Pizza, Veggie	Veggie Chips, Fresh
				Chips, Fresh Fruit	Fruit
		Grilled Cheese,	Turkey Meatballs	emips, Flesh Fluit	Thermonia Ohio
	Penne w/Low Fat		w/Tomato Sauce,	_	Turmeric Chickpea Salad Sandwich,
	Alfredo Sauce,		Roll, Roasted	Chicken Chop	Veggie Chips,
	Roasted Veggies,		Seasonal Veggies,	w/Saffron Yellow	Fresh Fruit
	Fresh Fruit		Fresh Fruit	Rice, Black Beans,	riesh ridit
		Other Selection from			MILD Buffalo Chicken
		Cold Options:		A STATE OF THE PROPERTY OF THE	Wrap, Veggie Chips,
	Penne w/Olive Oil,		Veggie Crumble		Fresh Fruit
	Roasted Veggies,		Meatballs w/Tomato	Marinated Grilled	
	Fresh Fruit		Sauce, Roll,	Chicken Sandwich,	Grilled Chicken
			Roasted Seasonal		Wrap, Veggie Chips,
	D-1 61-1-1		Veggies, Fresh	The state of the s	Fruit
	Baked Chicken		Fruit		White the second of the
	Nuggets, Glazed				Sun Butter & Grape
	Carrots, Fresh Fruit		Mac & Cheese,		Jelly, Veggie Chips,
	Fluit		Roasted Seasonal	Roasted Seasonal	Fresh Fruit
			Veggies, Fresh	Veggies, Fresh Fruit	
			Fruit		Asian Chicken &
	Other Selection				Quinoa Salad,
	from Cold Options:			Other Selection from	Fresh Fruit
	riam cord operons:		Other Selection	Cold Options:	
			from Cold Options:		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
- 1					Fruit
-					FIUIL
					Caesar Salad, Fresh
1					Fruit
f					Bagel w/Cream Cheese,
					Veggies & Hummus,
					Fresh Fruit
					11410
		- 1			Bagel w/Jelly, Veggie
					& Hummus, Fresh Fruit
					,
					MYO Turkey & Cheese
					Stackers, Veggies &
					Hummus, Fresh Fruit
					MYO Turkey Stackers,
				l l	Veggies & Hummus,
					Fresh Fruit
					MYO Cheese Stackers,
		The state of the s			Veggies & Hummus,
		The state of the s		···	Fresh Fruit

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25	26	27	28	1	Turkey Sandwich,
Baked Chicken	Maple Mustard	"Make Your Own	Baked Fish Cakes	Beef Gyro w/Tzatziki,	Veggie Chips, Fresh
Nuggets, Roasted	Glazed Sliced	Yummy" Chicken	w/Slaw (on the	Sautéed Peppers,	Tull
Veggies, Fresh	Turkey, Roasted	Fajitas, Brown Rice,	side), Roasted	Tomatoes & Onions,	Italian Sandwich on
Fruit	Sweet Potato	Black Beans, Fresh	Veggies, Fresh	Veggie Chips, Fresh	Ciabatta, Veggie
	Fries, Roll, Fresh	Fruit	Fruit	Fruit	Chips, Fresh Fruit
n - 1 - 1 - 1 - i - 5	Fruit				
Pasta w/Sirloin & Mushroom Sauce,				2 122 2 21	Cheese Sandwich on
Roasted Seasonal	Maple Mustard	Grilled Cheese,		Grilled Cheese,	Ciabatta, Veggie
Veggies, Fresh		Roasted Seasonal		Roasted Veggies, Fresh Fruit	Chips, Fresh Fruit
Fruit		Veggies, Fresh Fruit		riesh riult	Cum Button C Com
	Potato Fries,	-35-37, 11021111111	side), Roasted		Sun Butter & Grape Jelly Sandwich,
	Fresh Fruit		Veggies, Fresh		Veggies & Hummus,
Pasta w/Olive Oil,				Cheese Pizza, Veggies	Fresh Fruit
Roasted Seasonal				& Dip, Fresh Fruit	
Veggies, Fresh		Other Selection from			Turkey Wrap, Veggie
Fruit		Cold Options:			Chips, Fresh Fruit
	w/Tomato Sauce,		Mac & Cheese,		
	Roasted Seasonal Veggies, Fresh		Roasted Veggies,	Cheese Pizza, Veggie	
Other Selection	Fruit		Fresh Fruit		Wrap, Veggie Chips,
from Cold Options:	1010				Fruit
					Dried Cranberries,
			Other Selection	Other Selection from	Goat Cheese & Pumpkin
			from Cold		Seed Salad, Crackers,
	Cheese Tortellini		Options:		Fresh Fruit
	w/Olive Oil,				
	Roasted Seasonal				Grilled Chicken,
	Veggies, Fresh Fruit				Dried Cranberries,
	Fruit				Goat Cheese & Pumpkin
					Seed Salad, Crackers,
					Fresh Fruit
	Other Selection				Lean Beef Taco Salad
	from Cold Options:				w/Chunky Tomato
					Dressing, Tortilla
					Chips, Fresh Fruit
					Greek Salad w/Grilled
					Chicken, Pita Bread,
					Fresh Fruit
					Carach Calada Bita
					Greek Salad, Pita Bread, Fresh Fruit
					bread, Fresh Fruit
					Bagel w/Cream Cheese,
					Veggies & Hummus,
					Fresh Fruit
					Bagel w/Jelly, Veggies
					& Hummus, Fresh Fruit
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					MYO Turkey & Cheese Stackers, Veggies &
					Hummus, Fresh Fruit
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					MYO Turkey Stackers,
					Veggies & Hummus,
					Fresh Fruit
					MYO Cheese Stackers,
					Veggies & Hummus, Fresh Fruit
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