Sparkles! Fair Oaks

February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Sliced Chicken & Cheese on Whole Grain Sub ½ ea Sweet Yellow Corn ¼ c Veggie: Double Cheese Sub Fresh or Chilled Fruit	2 Classic Cheesy Baked Ziti ½ c Two Way (Carrots & Peas) Mixed Vegetables ¼ c Veggie: Cheesy Baked Ziti Fresh or Chilled Fruit	3 Home-Made Chicken Pot Pie ½ c w/ Whole Grain Biscuit ½ ea; Fresh Green Beans ¼ c; Veggie: Morningstar Garden Burger on Bun Fresh or Chilled Fruit
6 Beef Taco Rice Bowl 2 oz Whole Grain Rice ¼ c w/ Cheddar Cheese; Chuckwagon Corn Blend Mixed Vegetables Veggie: Bean Soft Taco Fruit or Chilled Fruit	7 Kid Fav Creamy Mac n' Cheese ½ c California Blend Vegetables ¼ c Veggie: Mac n' Cheese Fresh or Chilled Fruit	8 "Breakfast For Lunch" Jumbo Square Waffles 2 ea w/ Syrup Turkey Sausage Patty 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit	9 Whole Grain Breaded Chicken Tenders 3 ea Five Way Blend Hot Mixed Vegetables ¼ c; Veggie: Morningstar Chik Tenders Fresh or Chilled Fruit	10 Italian Cavatappi Pasta w/ Bolognese (Chicken) Sauce ½ Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip Veggie: Cavatappi w/ Marinara Fresh or Chilled Fruit
13 Teriyaki Chicken Strips 2 oz w/ Enriched Whole Grain Rice ¼ c Hot Cooked Broccoli ¼ c Veggie: Veggie Teriyaki Chik Strips Fresh or Chilled Fruit	14 Whole Grain Breaded Chicken Nuggets 4 ea Sweet Hot Baby Peas ¼ c Veggie: Morningstar Chik Nuggets Fresh or Chilled Fruit	15 Rainbow Tortellini Pasta Blend w/ Kale Pesto Sauce ½ c Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip Veggie: Rainbow Tortellini Pasta Fresh or Chilled Fruit	16 Home-Style Turkey Meatballs 3 ea over Creamy Mashed Potatoes ¼ c Fresh Green Beans ¼ c Veggie: Meatless Balls over Rice Fresh or Chilled Fruit	17 Grilled Chicken & Cheddar Cheese Quesadilla 1 ea Capri Mixed Vegetables ¼ c Veggie: Cheese Quesadilla Fresh or Chilled Fruit
20 Presidents Day Holiday	21 House Made Creamy Chicken Penne Alfredo ½ c California Blend Vegetables ¼ c Veggie: Penne Alfredo Fresh or Chilled Fruit	22 Whole Grain Breaded Chicken Tenders 3 ea Sweet Yellow Corn ¼ c Veggie: Morningstar Chik Tenders Fresh or Chilled Fruit	23 "Breakfast For Lunch" Buttermilk Pancakes 2 ea w/ Syrup Turkey Sausage Patty 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit	24 Four Cheese Ravioli ½ c Two Way (Carrots & Peas) Mixed Vegetables ¼ c Veggie: Cheese Ravioli Fresh or Chilled Fruit
27 Whole Grain Breaded Chicken Nuggets 4 ea Five Way Blend Hot Mixed Vegetables ¼ c; Veggie: Morningstar Chik Nuggets Fresh or Chilled Fruit	28 Hawaiian Turkey Meatballs 3 ea over Enriched Whole Grain Rice ¼ c Sweet Hot Baby Peas ¼ c Veggie: Veggie Balls over Rice Fresh or Chilled Fruit	All lunches served with age appropriate milk, either 1% or whole milk. All meals conform to grain requirements of ½ oz equivalent.	THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS SHG is an equal opportunity provider.	Fresh or Chilled Fruit: Apples, Cantaloupe, Watermelon, Honeydew, Banana, Oranges