

TJS February Menu 2024

			1 French Toast, Turkey Bacon, Fresh Fruit, Juice Lunch: Turkey w gravy, Mashed Potatoes, wg roll, sliced oranges	2 WG Breakfast Burrito, Hash brown, Fruit, Juice Pulled Beef w wg bun, potato Salad, & Fruit
5 Wg Bagel, Strawberry Mango Smoothies, Peaches Lunch: wg Chicken Alfredo, Blend Capri, Fruit Cocktail	6 Pancakes WG, Turkey Sausage, pears, Juice Lunch: Potato Bar w/ toppings, Chili, Corn Bread, Applesauce	7 Chocolate Chip Muffin WG, Orange Pineapple Smoothie, Pineapple Lunch: Swedish Meatballs, wg Pasta, Roasted Beets, Mandarin Oranges	8 Turkey Sausage, Biscuit WG, Banana &, Juice Lunch: wg Chicken & Cheese Quesadilla, Peas & Carrots, Mango	9 Breakfast Pizza WG, Hash brown, Fruit, Juice Lunch: wg National Pizza, Carrots, Cuties- Oranges
12 Cereal WG, Grape Smoothie, Fruit Cocktail Lunch: wg Chicken Nuggets, Cooked Carrots, Peaches	13 Pancakes WG, Turkey Link, Applesauce, Juice Lunch: Sloppy Joes, w/g bun, Roasted Potatoes, Pears	14 Muffin WG, Raspberry Peach Smoothie, Mandarin Oranges Lunch: wg Chicken Lo Mein, Blended Veggies, Pineapple	15 French Toast, Turkey Bacon, Mango & juice Lunch: wg Dunkers, Meat sauce, Green Beans, Oranges	16 English Muffin WG, Egg, fruit & Juice Lunch: Sliders, Veggie-Pasta Salad, pickles, Fruit
19 No School	20 Pancakes WG, Turkey Sausage, pears, Juice Mashed Potatoes w/Gravy, Meatballs, wg Roll, Applesauce	21 Scone, Pear/Orange Smoothie, Pineapple Lunch: Taco on W/G Tortilla, Black Beans, Corn, Mandarin Oranges	22 Turkey Sausage WG, Biscuit, Banana &, Juice Lunch: Orange Chicken, Cilantro Lime wg Rice, Broccoli, Mixed Apple Slices	23 Parfait, granola WG & Gold fish Cracker WG. & Juice Lunch: Turkey w/g croissant, String cheese, Cucumbers & Carrots, Fruit
26 Warm Cinnamon Roll, Wild Berry Smoothie, Fruit Cocktail Lunch: Chicken Fajita, Onions Peppers, w/g tortilla, Black beans, Peaches	27 WG Pancakes, Turkey Link, Applesauce, Juice Lunch: Fish sticks, Green beans, Pears	28 Scone, Pear & Orange Smoothie, & Pineapple Lunch: Hamburgers on W/G Bun, Sweet Potato fries, Mango	29 French Toast, Turkey Bacon, banana & juice Lunch: ½ cup Pasta Pizza Hotdish (wg WD), ¼ cup Carrot /Peas, Fresh Fruit ¼ cup	1 Green Eggs (burrito), Hash browns, Cat in the Hat Strawberries & Banana Black History Meal Lunch: Special chicken, wg Mac & Cheese, Greens, Corn Bread, peaches

Milk is offered for Breakfast and Lunch Daily (1% or Chocolate) Salad Bar Daily

If you have any questions or concerns about the menu, please contact Shannon (shannong@thejourneyschool.org)

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