

FEBRUARY 2023

FAMILY OF FAITH - MIRAMESA

Lunches Provided By:
Roadrunner Foods
 (p) 281-565-7902
www.RoadrunnerFoodService.com

Monday

Tuesday

Wednesday

Thursday

Friday

6
 B: Oatmeal & Apple Sauce
 AM Snack: Nutri-Grain Bars
 Oven Baked Fish Sticks
 Mixed Vegetables
 Cinnamon Baked Peaches
 V: Veggie Nuggets
 PM Snack: Goldfish & Danimals

7
 B: Pancake on a Stick
 AM Snack: Veggie Straws & Cheese Squares
 Bow Tie Pasta in a Lemon Butter Sauce w/ Grilled Chicken
 Oven Roasted Baby Carrots
 Seasonal Fresh Fruit
 V: Bow Tie Pasta w/ Veggie "Chicken"
 PM Snack: Nilla Wafers & Fresh Fruit

1
 B: Waffles & Fresh Fruit
 AM Snack: Chex-Mix & Fresh Fruit
 Chicken Fajita Soft Tacos w/ Cheese & Tri-Colored Bell Peppers
 Spanish Rice w/ Mixed Veggies
 Seasonal Fresh Fruit
 V: Bean & Cheese Roll Up
 PM Snack: Cheez-its & Fruit Snack

2
 B: Muffins & Danimals
 AM Snack: Graham Crackers & Gogurt
 Arroz Con Pollo (Yellow Rice w/ Chicken & Veggies)
 Oven Roasted Baby Carrots
 Seasonal Fresh Fruit
 V: Yellow Rice w/ Veggie "Chicken"
 PM Snack: Shortbread Cookies & Applesauce

3
 B: Nutri-Grain Bars
 AM Snack: Crackers & Cheese Sticks
 Meatballs & Waffle Fries
 PM Snack: Cheerios & Fresh Fruit

13
 B: Pop-Tarts & Peaches
 AM Snack: Nutri-Grain Bars
 Chicken & Spinach Rigatoni Pasta w/ Marinara Sauce
 Crinkle Cut Carrots
 Seasonal Fresh Fruit
 V: Spinach Rigatoni w/ Marinara Sauce
 PM Snack: Goldfish & Danimals

14
 B: Sausage Links & Fresh Fruit
 AM Snack: Veggie Straws & Cheese Squares
 Pizza!
 PM Snack: Nilla Wafers & Fresh Fruit

8
 B: Sausage Biscuits w/Jelly
 AM Snack: Chex-Mix & Fresh Fruit
 Beef Burger w/ Cheddar Cheese
 Buttered Corn
 Seasonal Fresh Fruit
 V: Veggie Burger
 PM Snack: Cheez-its & Fruit Snack

9
 B: French Toast Sticks
 AM Snack: Graham Crackers & Gogurt
 Oven Baked Chicken Tenders
 Green Beans
 Seasonal Fresh Fruit
 V: Veggie Nuggets
 PM Snack: Shortbread Cookies & Applesauce

10
 B: Cereal w/Milk
 AM Snack: Crackers & Cheese Sticks
 Chicken Nuggets & Corn
 PM Snack: Cheerios & Fresh Fruit

15
 B: French Toast Sticks
 AM Snack: Chex-Mix & Fresh Fruit
 Baked Chicken W/ Mashed Potatoes
 Green Beans
 Seasonal Fresh Fruit
 V: Veggie "Chicken" Strips
 PM Snack: Cheez-its & Fruit Snack

16
 B: Waffles & Fresh Fruit
 AM Snack: Graham Crackers & Gogurt
 Ground Beef Soft Tacos w/ Monterey Jack Cheese
 Spanish Rice w/ Mixed Veggies
 Seasonal Fresh Fruit
 V: Bean & Cheese Roll Up
 PM Snack: Shortbread Cookies & Applesauce

17
 B: Cereal w/Milk
 AM Snack: Crackers & Cheese Sticks
 French Toast Sticks & Turkey Sausage
 PM Snack: Cheerios & Fresh Fruit

20
 Presidents Day
 School Closed

21
 B: Pancake on a Stick
 AM Snack: Veggie Straws & Cheese Squares
 Chicken Teriyaki Fried Rice w/ Mixed Veggies
 Crinkle Cut Carrots
 Seasonal Fresh Fruit
 V: Teriyaki Fried Rice w/ Veggie "Chicken"
 PM Snack: Nilla Wafers & Fresh Fruit

22
 B: Sausage Links & Fresh Fruit
 AM Snack: Chex-Mix & Fresh Fruit
 Crispy Chicken Sandwich
 Buttered Corn
 Seasonal Fresh Fruit
 V: Veggie "Chicken" Sandwich
 PM Snack: Cheez-its & Fruit Snack

23
 B: Oatmeal & Applesauce
 AM Snack: Graham Crackers & Gogurt
 Hawaiian Turkey & Cheddar Cheese Sliders
 Peas & Carrots Blend
 Seasonal Fresh Fruit
 V: Veggie Nuggets
 PM Snack: Shortbread Cookies & Applesauce

24
 B: Pop-Tarts & Fresh Fruit
 AM Snack: Crackers & Cheese Sticks
 Pizza!
 PM Snack: Cheerios & Fresh Fruit

27
 B: Muffins & Applesauce
 AM Snack: Nutri-Grain Bars
 Oven Baked Chicken Tenders
 Sweet Peas
 Seasonal Fresh Fruit
 V: Veggie Nuggets
 PM Snack: Goldfish & Danimals

28
 B: Nutri-Grain Bars
 AM Snack: Veggie Straws & Cheese Squares
 Breakfast For Lunch!
 Mini Buttermilk Pancakes w/ Syrup
 Turkey Sausage Patty
 Seasonal Fresh Fruit
 V: Veggie "Sausage" Patty
 PM Snack: Nilla Wafers & Fresh Fruit



All menu items are subject to change without notice due to availability, freshness, and quality of ingredients

FEBRUARY 2023

FAMILY OF FAITH - COPPERFIELD

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 Oven Roasted Baby Carrots
 Seasonal Fresh Fruit
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 Spanish Rice w/ Mixed Veggies
 Seasonal Fresh Fruit
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2
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 AM Snack: Graham Crackers & Gogurt
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 Oven Roasted Baby Carrots
 Seasonal Fresh Fruit
 V: Yellow Rice w/ Veggie "Chicken"
 PM Snack: Shortbread Cookies & Applesauce

3
 B: Nutri-Grain Bars
 AM Snack: Crackers & Cheese Sticks
 Oven Baked Cheese Pizza, Green Beans and Cinnamon Baked Apples
 PM Snack: Cheerios & Fresh Fruit

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 Chicken & Spinach Rigatoni Pasta w/ Marinara Sauce
 Crinkle Cut Carrots
 Seasonal Fresh Fruit
 V: Spinach Rigatoni w/ Marinara Sauce
 PM Snack: Goldfish & Danimals

14
 B: Sausage Links & Fresh Fruit
 AM Snack: Veggie Straws & Cheese Squares
 French Toast Sticks w/Syrup, Turkey Sausage Patty and Seasonal Fresh Fruit
 V: Veggie Sausage Patty
 PM Snack: Nilla Wafers & Fresh Fruit

8
 B: Sausage Biscuits w/Jelly
 AM Snack: Chex-Mix & Fresh Fruit
 Beef Burger w/ Cheddar Cheese
 Buttered Corn
 Seasonal Fresh Fruit
 V: Veggie Burger
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 Green Beans
 Seasonal Fresh Fruit
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 Green Beans
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 School Closed

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