



North Metro Flex Academy

February School Lunch Menu

*All menu items are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Breast in a Chicken Gravy 1 Mashed Potatoes Grape Tomatoes Red Apple Slice of W.G. Bread Milk	W.G. Lasagna Rolls with Italian Meat Sauce 2 Mixed Green Salad with Creamy Italian Dressing Salad Topping Red Grapes W.G. Garlic Bread Stick Milk	Sliced Chicken Teriyaki with Peppers + Onions 3 Brown Rice Fresh Broccoli Banana Slice of W.G. Bread Milk	W.G. Soft Beef Taco x2 4 Lettuce + Cheese Seasoned Black Beans Sliced Cucumbers Orange Tortilla Chips + Salsa Milk
W.G. Chicken Nuggets 7 Baby Carrots Red Apple Sun Chips Milk	Sliced Chicken Alfredo with W.G. Penne Pasta 8 Mixed Green Salad with French Dressing Salad Topping Red Grapes W.G. Garlic Bread Stick Milk	Swedish Meatballs 9 Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk	Wild Rice Hot Dish with Sliced Chicken 10 Fresh Broccoli Fresh Pear W.G. Garlic Bread Stick Milk	Cheese Burger on a W.G. Bun 11 Baked Beans Carrot + Celery Sticks Orange Milk
BBQ Chicken on a W.G. Bun 14 Baby Carrots Golden Apple Tortilla Chips Milk	Meatloaf Baked in a Tomato Beef Gravy 15 Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk	W.G. Cheese Pizza 16 Mixed Green Salad with Creamy Italian Dressing Salad Topping Red Grapes Milk	Chicken Breast on a W.G. Bun 17 Slice of White Cheese Fresh Broccoli Fresh Pear Sun Chips Milk	Beef Hot Dog on a W.G. Coney Bun 18 Baked Beans Sliced Cucumbers Orange Milk
21 NO SCHOOL— PRESIDENTS DAY	W.G. Penne Pasta with Meat Sauce + Cheese 22 Mixed Salad with Creamy Italian Dressing Salad Topping Red Grapes W.G. Garlic Bread Stick Milk	Chicken Breast in a Chicken Gravy 23 Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk	Italian Meatballs on a W.G. Coney Bun 24 Shredded Cheese Fresh Broccoli Fresh Pear Tortilla Chips Milk	25 NO SCHOOL— STAFF DEVELOPMENT DAY
W.G. Chicken Tenders 28 Baby Carrots Red Apple Tortilla Chips Milk				