

FEBRUARY 2022 MENU



GOURMET EXPRESS (404)371-4566

FEBRUARY MENU

	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
	<p><u>Breakfast</u> Blueberry Muffins Diced Peaches 100% Fruit Juice Milk</p> <p><u>Lunch</u> Mango BBQ Beef Meatballs Brown Rice Mixed Vegetables Diced Pears Milk</p>	<p><u>Breakfast</u> Granola Bar String Cheese Apple Sauce 100% Fruit Juice Milk</p> <p><u>Lunch</u> Coconut Curried Chicken Yellow Rice Golden Corn Pineapple Tidbits Milk</p>	<p><u>Breakfast</u> Cheerios Cereal Whole Pears 100% Fruit Juice Milk</p> <p><u>Lunch</u> Beefy Mack (w/wheat noodles) Roasted Broccoli Diced Peaches Milk</p>	<p><u>Breakfast</u> Special K Pastry Crisps String Cheese Banana 100% Fruit Juice Milk</p> <p><u>Lunch</u> Turkey & American Cheese Sandwich Whole Wheat Bread Grape Tomatoes Orange Wedges Milk</p>
MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
<p><u>Breakfast</u> Raisin Bran Cereal Apple Sauce 100% Fruit Juice Milk</p> <p><u>Lunch</u> Santa Fe Chicken Pasta Whole Wheat Pasta Carrots Fruit Cocktail Milk</p>	<p><u>Breakfast</u> Cinnamon Pastry Rolls Mixed Fruit 100% Fruit Juice Milk</p> <p><u>Lunch</u> Sloppy joe Whole Wheat Bun Roasted Corn Mandarin Milk</p>	<p><u>Breakfast</u> Nutri Grain Bars String Cheese Apple Slices 100% Fruit Juice Milk</p> <p><u>Lunch</u> BBQ Chicken Legs Curried Cabbage Corn Bread Fruit Cocktail Milk</p>	<p><u>Breakfast</u> Mini Bagel/Cream Cheese Diced Peaches 100% Fruit Juice Milk</p> <p><u>Lunch</u> Beef Tacos Whole Wheat Tortilla Tomato Salsa Black Beans Pineapple Tidbits Milk</p>	<p><u>Breakfast</u> Golden Graham Cereal Bar Whole Banana 100% Fruit Juice Milk</p> <p><u>Lunch</u> Grilled Chicken Salad Sandwich Whole Wheat Bread Garden Salad w/ Dressing Diced Peaches Milk</p>

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MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
<p><u>Breakfast</u> Granola Bar String Cheese Apple Sauce 100% Fruit Juice Milk</p> <p><u>Lunch</u> Beef Hamburgers Whole Wheat Bun Three Bean Vegetables Diced Pear Milk</p>	<p><u>Breakfast</u> Breakfast Biscuits Fruit Cocktail 100% Fruit Juice Milk</p> <p><u>Lunch</u> Teriyaki Chicken W/ Asian Noodles Whole Wheat Noodles Bok-Choy Diced Peaches Milk</p>	<p><u>Breakfast</u> Chex Rice Cereal Fresh Watermelon 100% Fruit Juice Milk</p> <p><u>Lunch</u> Rotini Pasta w/ Beef Meatballs Whole Wheat Pasta Green Peas Mandarins Milk</p>	<p><u>Breakfast</u> Special K Pastry Crisps String Cheese Banana 100% Fruit Juice Milk</p> <p><u>Lunch</u> Garlic Chicken Alfredo Pasta Whole Wheat Pasta Roasted Broccoli Apple Sauce Milk</p>	<p><u>Breakfast</u> Blueberry Muffins Whole Pears 100% Fruit Juice Milk</p> <p><u>Lunch</u> Cajun Chicken Wrap Whole Wheat Tortilla Garbanzo Beans Pineapple Tidbits Milk</p>
MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
<p>NO SCHOOL</p>	<p><u>Breakfast</u> Cinnamon Pastry Rolls Mixed Fruit 100% Fruit Juice Milk</p> <p><u>Lunch</u> Sweet & Sour Chicken Steamed Brown Rice California Blend Fruit Cocktail Milk</p>	<p><u>Breakfast</u> Nutri Grain Bars String Cheese Apple Slices 100% Fruit Juice Milk</p> <p><u>Lunch</u> Tex Mex Turkey Soft Taco Wheat Tortillas Cheese Steamed Corn Pineapple Tidbits Milk</p>	<p><u>Breakfast</u> Mini Bagel/Cream Cheese Diced Peaches 100% Fruit Juice Milk</p> <p><u>Lunch</u> Garlic & herb chicken Legs Brown Rice Pilaf w/ Red Peppers Green Beans Diced Pears Milk</p>	<p><u>Breakfast</u> Apple Filled Pastry Frudel Bananas 100% Fruit Juice Milk</p> <p><u>Lunch</u> Turkey & American Cheese Sandwich Whole Wheat Bread Grape Tomatoes Orange Wedges Milk</p>

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MONDAY 28				
<p data-bbox="247 185 348 212"><u>Breakfast</u></p> <p data-bbox="144 217 449 334">Golden Graham Cereal Bar Whole Banana 100% Fruit Juice Milk</p> <p data-bbox="260 407 336 435"><u>Lunch</u></p> <p data-bbox="121 440 474 586">Hawaiian Meatballs Brown Rice Pilaf w/ Red Peppers Roasted Broccoli Pineapple Tidbits Milk</p>				

Substitutions – Due to the Covid-19 pandemic, the entire country is experiencing consistent supply chain shortages. The food supply chain is no exception. We reserve the right to make menu or supply item substitutions whenever necessary without prior notice. We will update customers as soon as possible so that they can make the necessary adjustments.