

NFL Lunch Menu

February

CONEJO VALLEY UNIFIED SCHOOL DISTRICT

2020

**All lunches
Are served with
Choice of
Milk
• Non Fat
• 1%
8 oz. M**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Popcorn Chicken 2M Veggies 1/2 cup V Tater Tot 1/2cup V Fresh Fruit 1/2 cup F	2 Chicken Patty 1.5M 1 G Veggies 1/2 cup V Seasonal Fresh Fruit	3 Double Dogs Side Salad Seasonal Fresh Fruit	4 Mini Ravioli %^~@ 2 oz M, 2 oz G Veggies 1/2 cup V Fresh Fruit 1/2 cup F	5 PIZZA FRIDAY! Fr Bread Cheese Pizza \$+^@ 2G2M Veggies 1/2 cup V Fresh Fruit 1/2 cup F
8 Lasagna Roll Ups %^~@ 2 oz. M, 2 oz G Side Salad 1/2 cup V Peach Cup 1/2 cup F	9 UPSIDE DOWN DAY! Waffle Breakfast Bowl ^+ 2M, 2 G Veggies 1/2cup V Applesauce 1/2 cup F	10 Chicken Nuggets \$+^@ 2oz. M, 1oz G Veggies 1/2 cup V Tater Tot 1/2cup V Fresh Fruit 1/2 cup F	11 PICNIC IN A BOX! ^+ \$% @ Turkey Sandwich 2 oz. P, 2 oz. G Applesauce 1 oz. F Veggies 1/2 cup V	12 SCHOOL HOLIDAY
15 SCHOOL HOLIDAY	16 Chicken Patty 1.5M 1 G Veggies 1/2cup V Seasonal Fresh Fruit	17 Double Dogs Side Salad Seasonal Fresh Fruit	18 Mini Ravioli %^~@ 2 oz M, 2 oz G Veggies 1/2 cup V Apple Slices 1/2 cup F	19 PIZZA FRIDAY! Fr Bread Cheese Pizza \$+^@ 2G2M Veggies 1/2 cup V Seasonal Fresh Fruit 1/2 cup F
22 Lasagna Roll Ups %^~@ 2 oz. M, 2 oz G Side Salad 1/2 cup V Peach Cup 1/2 cup F	23 UPSIDE DOWN DAY! Waffle Breakfast Bowl ^+ 2M, 2 G Veggies 1/2cup V Applesauce 1/2 cup F	24 Chicken Nuggets \$+^@ 2oz. M, 1oz G Veggies 1/2 cup V Tater Tot 1/2cup V Fresh Fruit 1/2 cup F	25 PICNIC IN A BOX! ^+ \$% @ Turkey Sandwich 2 oz. P, 2 oz. G Applesauce 1 oz. F Veggies 1/2 cup V	26 PIZZA FRIDAY! Cheese Pizza \$+^@ 2G 2M Veggies 1/2 cup Fresh Fruit 1/2 cup

Peanuts!!	
Pork*	Beef#
Whey+	Soy\$
Corn>	Wheat+
Milk@	Gluten^
Eggs%	Fish

**ALL GRAINS ARE WHOLE
GRAIN RICH**