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| **Empower February 2025 Lunch Menu** | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **03** | **04** | **05** | **06** | **07** |
| Chicken Alfredo with Penne Pasta  Broccoli  Fresh Fruit  Milk | Beef Taco  Mexican Rice w/beans  Lettuce & Slaw  Diced Tomatoes  Fresh Fruit  Milk | 4 Chicken Wings  Roll  Potato Salad  Green Beans  Fresh Fruit  Milk | Corn Dog  Green Beans  Corn  Fresh Fruit  Milk | Beef Chili  Frito Corn Chips  Cole Slaw  Fresh Fruit  Milk |
| **10** | **11** | **12** | **13** | **14** |
| Hot Dog  Bun  Baked Beans  Corn  Fresh Fruit | Chicken Legs  Mac & Cheese  Broccoli  Fresh Fruit | Beef Macaroni  Dinner Roll  Salad  Fresh Fruit | Turkey Sandwich  Chips  Celery w/Ranch  Fresh Fruit | Herb Baked Chicken  WG Roll  Green Beans  Mashed Potatos  Baked Apples |
| **17** | **18** | **19** | **20** | **21** |
| **NO SCHOOL**  **Presidents Day** | Chicken Patty  Roll  WG Rice  Green Beans  Fresh Fruit  Milk | Sloppy Joe  Bun  Salad  Potato Wedge  Fresh Fruit  Milk | Chicken Alfredo with Penne Pasta  Broccoli  Fresh Fruit  Milk | WG Spaghetti  Meatballs  Marinara Sauce  Roll  Salad Salad  Fresh Fruit  Milk |
| **24** | **25** | **26** | **27** | **28** |
| WG Bean Burrito  Green Peas  Cheese Sauce  Fresh Fruit  Milk | Nachos Chips  Beef Taco Meat  Queso Cheese Sauce  Salad  Fresh Fruit  Milk | Pulled BBQ Chicken  Bun  Mac & Cheese  Broccoli  Fresh Fruit  Milk | Chicken Tenders  Maple Waffles  Potato Patty  Fresh Fruit  Milk | Turkey Sandwich  Chips  Celery w/Ranch  Fresh Fruit  Milk |
| *03* | *04* | *05* | *06* | *07* |
| Chicken Patty  Roll  WG Rice  Green Beans  Fresh Fruit  Milk | Beef Chili  Frito Corn Chips  Cole Slaw  Fresh Fruit  Milk | WG Bean Burrito  Green Peas  Cheese Sauce  Fresh Fruit  Milk | Chicken Alfredo with Penne Pasta  Broccoli  Fresh Fruit  Milk | Corn Dog  Green Beans  Corn  Fresh Fruit  Milk |

***February 2025*** ~ 5wk LUNCH MENU CYCLE ~ Portion Sizes (K-8/9-12) ~ ***Revised: 01/17/2025***

***Menu items are subject to change according to product availability.***

***Two 8-oz milk options offered daily: Low-fat unflavored milk Low-fat flavored milk***