

February ALPHA CHARTER SCHOOL OF EXCELLENCE



Monday

BREAKFAST: 03
Pears
Cereal and Milk

LUNCH:
Chicken Ropa Vieja
Taco Tortilla
Refried Beans
Corn
Mandarin Orange and Milk

Tuesday

BREAKFAST: 04
Peaches
Pancake w/ syrup
and Milk

LUNCH:
Mac & Cheese
Steam Carrots
Peaches
Milk

Wednesday

BREAKFAST: 05
Banana and Juice
Biscuit w/ jelly
Milk

LUNCH:
Chicken Nuggets w/ ketchup
Brown Rice
Green Peas
Red Apple and Milk

Thursday

BREAKFAST: 06
Cantaloupe
WG Waffle w/ syrup
Milk

LUNCH:
Arroz con Pollo Criollo w/ Corn
Mixed Vegetables
Bread Roll
Mandarin Orange and Milk

Friday

BREAKFAST: 07
Red Apple
Scrambled Egg
Sliced Bread
Milk

LUNCH:
Pizza
Mixed Green Salad w/ Dressing
Honeydew and Milk

BREAKFAST: 10
Pears
Cereal And Milk

LUNCH:
Chicken Patty-
Brown Rice
Corn
Steam Carrots
Tropical Fruit and Milk

BREAKFAST: 11
Red Apple
Sliced Bread w/ butter
Sliced Ham and Milk

LUNCH:
Special Turkey Taco
Corn
Refried Beans
Peaches and Milk

BREAKFAST: 12
Banana and Juice
Boiled Egg
Biscuit and Milk

LUNCH:
Beefaroni
Peas and Carrots
Bread Roll
Pears and Milk

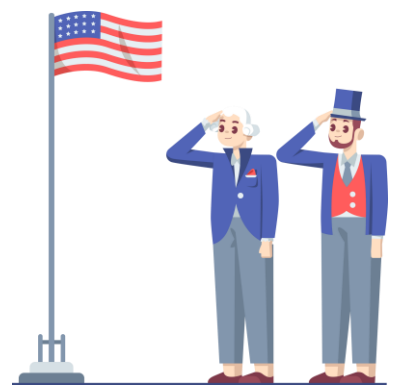
BREAKFAST: 13
Peaches
Pancake w/ syrup
Milk

LUNCH:
Honey Chicken
Brown Rice
Mixed Vegetables
Honeydew and Milk

BREAKFAST: 14
Cantaloupe
English Muffin w/ butter
Milk

LUNCH:
Pizza
Mixed Green Salad w/ Dressing
Pears and Milk

PRESIDENT'S DAY



BREAKFAST: 17

BREAKFAST: 18
Pears
Cereal
Milk

LUNCH:
Cheeseburger w/ ketchup and
Mayo
Hamburger Bun
Sliced Carrots
Honeydew and Milk

BREAKFAST: 19
Red Apple
Waffle w/ syrup
Milk

LUNCH:
Corn Dog
Green Peas
Corn
Mandarin Orange and Milk

BREAKFAST: 20
Cantaloupe
Cinnamon Raisin Bread w/ butter
Milk

LUNCH:
Maccaroni & Cheese
Steam Carrots
Pears and Milk

BREAKFAST: 21
Red Apple
Pancake w/ syrup
Milk

LUNCH:
Pizza
Mixed Green Salad w/ Dressing
Pears and Milk

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Monday

Tuesday

Wednesday

Thursday

Friday

BREAKFAST: 24
Pears
Cereal and Milk

LUNCH:
Chicken Nuggets w/ Ketchup
Brown Rice
Steam Carrots
Black Beans
Mandarin Orange and Milk

BREAKFAST: 25
Peaches
Biscuit w/ butter
and Milk

LUNCH:
Ground Turkey
Nacho Chips
Corn and Lettuce
Cantaloupe and Milk

BREAKFAST: 26
Red Apple
Scrambled Egg
Sliced Bread and Milk

LUNCH:
Chicken Patty
Brown Rice
Carrots
Corn
Pears and Milk

BREAKFAST: 27
Mandarin Orange
English Muffin w/ butter
And Milk

LUNCH:
Oriental Fried Rice
Mixed Vegetables
Peaches and Milk

BREAKFAST: 28
Red Apple
Sliced Bread w/ soynut butter and
jelly
And Milk

LUNCH:
Pizza
Mixed Green Salad w/ Ranch
Honeydew and Milk

