

## February 2023 – Fridley Middle School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Monday, January 30<sup>th</sup></b> <b>Main:</b> Hamburger or Cheeseburger on Bun Crinkle Cut Fries Baked Beans Assorted Veg & Fruit <b>Alt:</b> Fruit Smoothie	<b>Tuesday, Tuesday 31<sup>st</sup></b> <b>Main:</b> Penne Pasta with Marinara and Meatballs Garlic Toast Garlic Green Beans Assorted Veg & Fruit <b>Alt:</b> Fruit Smoothie	<b>Wednesday, February 1<sup>st</sup></b> <b>Main:</b> Orange Chicken Brown Rice & Chips Broccoli Craisin Salad Assorted Veg & Fruit <b>Alt:</b> Fruit Smoothie	<b>Thursday, February 2<sup>nd</sup></b> <b>Main:</b> Crispy Chicken Drumstick Dutch Waffle Mixed Veggie Salad Assorted Veg & Fruit <b>Alt:</b> Fruit Smoothie	<b>Friday, February 3<sup>rd</sup></b> <b>Main:</b> Hangry Bear Pizza Roasted Carrots Assorted Veg & Fruit <b>Alt:</b> Fruit Smoothie
<b>Monday, February 6<sup>th</sup></b> <b>Main:</b> Crispy Chicken Sandwich Potato Wedges Coleslaw Assorted Veg & Fruit <b>Alt:</b> Italian Sub	<b>Tuesday, February 7<sup>th</sup></b> <b>Main:</b> Turkey Chili Fritos Assorted Veg & Fruit <b>Alt:</b> Italian Sub	<b>Wednesday, February 8<sup>th</sup></b> <b>Main:</b> Chicken Alfredo with Penne Pasta Garlic Breadstick Roasted Broccoli Chili Lime Chickpeas Assorted Veg & Fruit <b>Alt:</b> Italian Sub	<b>Thursday, February 9<sup>th</sup></b> <b>Main:</b> Snack'n Waffles Chicken Sausage Links Roasted Sweet Potatoes Assorted Veg & Fruit <b>Alt:</b> Italian Sub	<b>Friday, February 10<sup>th</sup></b> <b>Main:</b> Chicken Wings Pretzels & Queso Chili Lime Chick Peas Assorted Veg & Fruit <b>Alt:</b> Italian Sub
<b>Monday, February 13<sup>th</sup></b> <b>Main:</b> Mandarin Orange Chicken Brown Rice Sweet Chili Chips Chili Lime Chickpeas Assorted Veg & Fruit <b>Alt:</b> Brunch Bento Box	<b>Tuesday, February 14<sup>th</sup></b> <b>Main:</b> Kick'n'Chicken Biscuit Mashed Potatoes Corn Assorted Veg & Fruit Frozen Fruit Cup <b>Alt:</b> Brunch Bento Box	<b>Wednesday, February 15<sup>th</sup></b> <b>Main:</b> Empanadas Mexican Fixings Black Beans & Corn Salsa Assorted Veg & Fruit <b>Alt:</b> Brunch Bento Box	<b>Thursday, February 16<sup>th</sup></b> <b>Main:</b> Jerk Chicken Thigh Jollaf Rice Garlic Green Beans Assorted Veg & Fruit <b>Alt:</b> Brunch Bento Box	<b>Friday, February 17<sup>th</sup></b> <b>Main:</b> Mozz Bites Marinara Sauce Roasted Broccoli Chili Lime Chickpeas Assorted Veg & Fruit <b>Alt:</b> Brunch Bento Box
<b>Monday, February 20<sup>th</sup></b> <b>No School</b>	<b>Tuesday, February 21<sup>st</sup></b> <b>Main:</b> Mini Corn Dogs Roasted Parmesan Potatoes Baked Beans Assorted Veg & Fruit <b>Alt:</b> Fruit & Yogurt Parfait	<b>Wednesday, February 22<sup>nd</sup></b> <b>Main:</b> Tomato Soup Grilled Cheese Assorted Veg & Fruit <b>Alt:</b> Fruit & Yogurt Parfait	<b>Thursday, February 23<sup>rd</sup></b> <b>Main:</b> Gumbo Roasted Broccoli & Cauliflower Assorted Veg & Fruit <b>Alt:</b> Fruit & Yogurt Parfait	<b>Friday, February 24<sup>th</sup></b> <b>Main:</b> Homemade Cheesy Bread Marinara Sauce Assorted Veg & Fruit <b>Alt:</b> Fruit
<b>Monday, February 27<sup>th</sup></b> <b>Main:</b> Calzones Roasted Carrots Assorted Veg & Fruit <b>Alt:</b> Small PBJ, Cheese Stick, Cracker	<b>Tuesday, February 28<sup>th</sup></b> <b>Main:</b> Mac & Cheese Chicken Tenders Collard Greens Assorted Veg & Fruit <b>Alt:</b> Small PBJ, Cheese Stick, Cracker	<b>Wednesday, March 1<sup>st</sup></b> Walking Beef Taco Mexican Beans Mexican Fixings Assorted Veg & Fruit <b>Alt:</b> Small PBJ, Cheese Stick, Cracker	<b>Thursday, March 2<sup>nd</sup></b> Beef Sambusa Seasoned Rice Assorted Veg & Fruit <b>Alt:</b> Small PBJ, Cheese Stick, Cracker	<b>Friday, March 3<sup>rd</sup></b> Cook's Choice Assorted Veg & Fruit <b>Alt:</b> Small PBJ, Cheese Stick, Cracker

