

Amana West February Lunch Menu 2023

		<p>1. M/MA – Meatloaf Mashed Potatoes V-3/4c -Mixed Vegetables F- Diced Peaches M-Low fat or skim milk</p> <p align="center">Vegetarian Meatloaf</p>	<p>2. M/MA-Turkey & Cheese G-Wrap V- 3/4c – Cucumber/Tom Salad F-Chilled Pears M -Low fat or skim milk</p> <p align="center">Vegetarian Wrap</p>	<p>3. No School</p>
<p>6 M/MA-Orange Chicken G-WG Fried Rice V-3/4c -Asian Blend Veg F-Chilled Mixed Fruit M-Low fat or skim milk</p> <p align="center">Asian Vegetable Stir-Fry</p>	<p>7 M/MA-Chicken Quesadilla/ Salsa G – Mexican Rice V-3/4c-Seasoned Black Beans F- Fresh Apple M-Low fat or skim</p> <p align="center">Veggie Quesadilla</p>	<p>8. M/MA-BBQ Chicken Sandwich G- WW Bun V-3/4c -Green Beans F-Chilled Mixed Fruit M-Low fat or skim milk</p> <p align="center">Vegetarian Chicken Sand</p>	<p>9. M/MA-Hot Dog on a G-WW Bun V-3/4c -Baked Beans F-Fresh Banana M -Low fat or skim milk</p> <p align="center">Veggie Hot Dogs</p>	<p>10. M/MA/G-Cheese Pizza V-3/4c -Fresh Carrots/ Ranch F-Sliced Peaches M-Low fat or skim milk</p> <p align="center">Baked Ziti</p>
<p>13 M/MA-Parm Ranch Boneless Chicken Wings & G-WW Roll V-3/4c -Green Beans F-Chilled Mixed Fruit M -Low fat or skim milk</p> <p align="center">Parm Ranch Veg Chix Wings</p>	<p>14 M/MA-Chicken Enchiladas V-3/4c - Mexican Pinto Beans F- Brazilian Pineapples M-Low fat or skim milk</p> <p align="center">Vegetable Taco Bake</p>	<p>15 M/MA/G- Chicken & Waffles V- 3/4c – Turnip Greens F-Chilled Pears M-Low fat or skim milk</p> <p align="center">Veggie Nuggets</p>	<p>16 M/MA-Stuffed Shells w/Marinara Sauce G- -Wheat Roll V-3/4c -Green Beans F-Apple Crisp M-Low fat or skim milk</p> <p align="center">National Popcorn Day</p>	<p>17 M/MA/G-Cheese Pizza V-3/4c -Fresh Carrots/ Ranch F-Sliced Peaches M-Low fat or skim milk</p> <p align="center">Baked Ziti</p>

<p>20. No School</p>	<p>21 No School</p>	<p>22 M/MA-Roasted Chicken G- WW Dinner Roll V-3/4c -Yams Black Eyed Peas F-Apple Quick Crisp M -Low fat or skim milk</p> <p>Escarole and Beans</p>	<p>23. M/MA- Chicken Filet Sliders G- WW Bun V-3/4c -Mixed Vegetables F-Chilled Mixed Fruit M-Low fat or skim milk</p> <p>Veggie Chix Sliders</p>	<p>24. M/MA-Chinese Honey Chicken V-3/4c -Asian Blend Veg F -Chilled Mixed Fruit M -Low fat or skim milk</p> <p>Vegetable Lo Mein</p>
<p>27. M/MA-Parm Ranch Boneless Chicken Wings & G-WW Roll V-3/4c -Green Beans F-Chilled Mixed Fruit M -Low fat or skim milk</p> <p>Parm Ranch Veg Chix Wings</p>	<p>28. M/MA- Chicken Quesadilla / Salsa G – Mexican Rice V-3/4c - Seasoned Black Beans F-Fresh Apple M- Low fat or skim</p> <p>Vegetable Quesadilla</p>			