



# MENU

Tree of Life International Charter School

FEBRUARY

<b>BREAKFAST:</b> SPICED OATMEAL FRUIT <b>LUNCH:</b> MAC & CHEESE SALAD BAR FRUIT	<b>02</b>	<b>BREAKFAST:</b> FRUIT & YOGURT PARFAIT <b>LUNCH:</b> BAKED POTATO BAR DINNER ROLL FRUIT	<b>03</b>	<b>BREAKFAST:</b> HOMEMADE MUFFIN FRUIT <b>LUNCH:</b> CHICKEN, RICE, & BLACK BEAN BURRITO SALAD BAR, FRUIT	<b>04</b>	<b>BREAKFAST:</b> EGGS & TOAST FRUIT <b>LUNCH:</b> SPAGHETTI GARLIC BREADSTICK SALAD BAR, FRUIT	<b>05</b>	<b>BREAKFAST:</b> PANCAKES FRUIT <b>LUNCH:</b> PAPA MURPHY'S PIZZA SALAD BAR FRUIT SALAD	<b>06</b>
---	-----------	--	-----------	--	-----------	---	-----------	--	-----------

<b>BREAKFAST:</b> EGG BITE & TOAST <b>LUNCH:</b> CHICKEN NUGGETS & FRIES SALAD BAR FRUIT	<b>09</b>	<b>BREAKFAST:</b> FRUIT & YOGURT PARFAIT <b>LUNCH:</b> NACHOS REFRIED BEANS SALAD BAR, FRUIT	<b>10</b>	<b>BREAKFAST:</b> HOMEMADE MUFFIN & FRUIT <b>LUNCH:</b> THE PHOENIX VALENTIN'S ANGEL HAIR PASTA & MEAT SAUCE BREADSTICK, SALAD BAR, FRUIT	<b>11</b>	<b>BREAKFAST:</b> FRENCH TOAST SQUARE FRUIT <b>LUNCH:</b> FRENCH DIP SANDWICH SALAD BAR FRUIT	<b>12</b>	<b>BREAKFAST:</b> BAGEL & CREAM CHEESE FRUIT <b>LUNCH:</b> HAM AND CHEESE MELT SALAD BAR FRUIT SALAD	<b>13</b>
---	-----------	---	-----------	---	-----------	---	-----------	--	-----------

<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<h1>President's Week - No School</h1>				

<b>BREAKFAST:</b> SPICED OATMEAL FRUIT <b>LUNCH:</b> ORANGE CHICKEN & RICE STEAMED BROCCOLI SALAD BAR, FRUIT	<b>23</b>	<b>BREAKFAST:</b> FRUIT & YOGURT PARFAIT <b>LUNCH:</b> CHILI & CORNBREAD FRIES SALAD BAR, FRUIT	<b>24</b>	<b>BREAKFAST:</b> HOMEMADE MUFFIN FRUIT <b>LUNCH:</b> EGG McMUFFIN HASHBROWN SALAD BAR, FRUIT	<b>25</b>	<b>BREAKFAST:</b> COOK'S CHOICE <b>LUNCH:</b> COOK'S CHOICE	<b>26</b>	<b>BREAKFAST:</b> PANCAKES FRUIT <b>LUNCH:</b> PAPA MURPHY'S PIZZA SALAD BAR, FRUIT SALAD HAPPY BIRTHDAY TREAT	<b>27</b>
--	-----------	--	-----------	---	-----------	--	-----------	--	-----------

Happy Birthday to everyone with a birthday in February! Birthday Treat comes with a hot lunch only.

**Breakfast:** \*Optional breakfast is cereal & crackers\* All breakfasts include the following components: 2 Oz. Grains, 1 Cup Fruit & 1 Cup Milk

**Lunch:** All lunches include the following components: 1 Cup Milk, 1-2 Oz. Meat/Meat Alt., 1-2 Oz Grains, Fruit, & vegetables

FEBRUARY'S SPOTLIGHT RECIPE  
IS THE PHOENIX BY VALENTIN!

**FRENCH DIP SANDWICH ON 2/12  
MADE BY SEMPER-FI CATERING!**

Menus are subject to change

This institution is an equal opportunity provider. Student meals provided at no charge

