



# MENU

Tree of Life International Charter School

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FEBRUARY  
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<b>BREAKFAST:</b> SPICED OATMEAL FRUIT <b>LUNCH:</b> MAC & CHEESE SALAD BAR FRUIT	<b>BREAKFAST:</b> FRUIT & YOGURT PARFAIT	<b>BREAKFAST:</b> HOMEMADE MUFFIN FRUIT <b>LUNCH:</b> CHICKEN, RICE, & BLACK BEAN BURRITO SALAD BAR, FRUIT	<b>BREAKFAST:</b> EGGS & TOAST FRUIT <b>LUNCH:</b> SPAGHETTI GARLIC BREADSTICK SALAD BAR, FRUIT	<b>BREAKFAST:</b> PANCAKES FRUIT <b>LUNCH:</b> PAPA MURPHY'S PIZZA SALAD BAR FRUIT SALAD
<b>BREAKFAST:</b> EGG BITE & TOAST  <b>LUNCH:</b> CHICKEN NUGGETS & FRIES SALAD BAR FRUIT	<b>BREAKFAST:</b> FRUIT & YOGURT PARFAIT	<b>BREAKFAST:</b> HOMEMADE MUFFIN & FRUIT <b>LUNCH:</b> THE PHOENIX VALENTIN'S ANGEL HAIR PASTA & MEAT SAUCE BREADSTICK, SALAD BAR, FRUIT	<b>BREAKFAST:</b> FRENCH TOAST SQUARE FRUIT <b>LUNCH:</b> FRENCH DIP SANDWICH SALAD BAR FRUIT	<b>BREAKFAST:</b> BAGEL & CREAM CHEESE FRUIT <b>LUNCH:</b> HAM AND CHEESE MELT SALAD BAR FRUIT SALAD
President's Week – No School				
<b>BREAKFAST:</b> SPICED OATMEAL FRUIT <b>LUNCH:</b> ORANGE CHICKEN & RICE STEAMED BROCCOLI SALAD BAR, FRUIT	<b>BREAKFAST:</b> FRUIT & YOGURT PARFAIT	<b>BREAKFAST:</b> HOMEMADE MUFFIN FRUIT <b>LUNCH:</b> EGG MCMUFFIN HASHBROWN SALAD BAR, FRUIT	<b>BREAKFAST:</b> COOK'S CHOICE  <b>LUNCH:</b> COOK'S CHOICE	<b>BREAKFAST:</b> PANCAKES FRUIT <b>LUNCH:</b> PAPA MURPHY'S PIZZA SALAD BAR, FRUIT SALAD HAPPY BIRTHDAY TREAT

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

