



February 2023

<p>30</p> <p>BISCUIT & SAUSAGE PATTY**</p> <p>Salisbury Steak** w/ Gravy Mashed Potatoes Collard Greens, Pinto Beans Cornbread</p>	<p>31</p> <p>ENGLISH MUFFIN W/ EGG, CHEESE & SAUSAGE</p> <p>Teriyaki Chicken** Rice Whole Kernel Corn Vegetable Eggroll</p>	<p>1</p> <p>FRENCH TOAST</p> <p>Crispito w/ Chili or Cheese Stick w/ Marinara Broccoli Bites Sweet Potatoes</p>	<p>2</p> <p>PANCAKE ON A STICK APPLE FRITTER W/ SMOOTHIE</p> <p>Hotdog on a WG Bun Vegetarian Burger Baked Beans, Tater Tots Three Beans Salad</p>	<p>3</p> <p>MUFFIN & YOGURT PARFAIT BAR OR BREAKFAST PIZZA</p> <p>Hamburger Black Bean Burger Carrots Green Beans</p>
<p>6</p> <p>BISCUIT W/ SAUSAGE GRAVY OR VEGETARIAN SAUSAGE</p> <p>Chili** w/ WG Pretzel WK Corn Garden Salad</p>	<p>7</p> <p>CHEESY OMELET FRUITY OATMEAL</p> <p>Baked Potato Bar Steamed Broccoli Black Beans Dinner Roll</p>	<p>8</p> <p>FRENCH TOAST STICKS SAUSAGE LINKS**</p> <p>Chicken Tenders** Roasted Potatoes Fresh Peppers & Onions Green Beans</p>	<p>9</p> <p>CHICKEN PATTY** BISCUIT</p> <p>Assorted Pizza California Vegetable Blend English Peas</p>	<p>10</p> <p>MUFFIN & YOGURT PARFAIT BAR OR BREAKFAST BAGEL</p> <p>Chicken Alfredo w/ Rotini Tomato & Spinach Alfredo Glazed Carrots Italian Green Beans Garlic Bread</p>
<p>13</p> <p>WG PANCAKES W/ MAPLE SYRUP</p> <p>Hotdog on WG Bun Grilled Cheese Sandwich Potato Wedges Carrots</p>	<p>14</p> <p>TOAST BAGEL W/ STRAWBERRY CREAM CHEESE</p> <p>Hamburger on WG Bun Black Bean Burger Green Beans Carrots</p>	<p>15</p> <p>BISCUIT AND SAUSAGE **</p> <p>Crispito w/ Chicken Cheese Sticks w/ Marinara Italian Blend Pinto Beans</p>	<p>16</p> <p>WG FRENCH TOAST</p> <p>Assorted Pizza Broccoli WK Corn Garden Salad</p>	<p>17</p> <p>WG WAFFLES</p> <p>Chicken Sandwich Gardenburger Sweet Potato Fries Green Beans</p>
<p>20</p> <p>Happy Presidents' Day NO SCHOOL</p>	<p>21</p> <p>BOILED EGG SPICED OATMEAL</p> <p>Jambalaya** Corn Okra Dinner Roll</p>	<p>22</p> <p>FRENCH TOAST STICKS SAUSAGE LINKS**</p> <p>Nacho Bar w/ Ground Beef or Tofu Spanish Rice & Refried Beans Corn & Black Bean Salsa Guacamole</p>	<p>23</p> <p>CHICKEN** & WAFFLE HASHBROWN</p> <p>Baked Chicken** Mashed Potatoes Collard Greens Cornbread</p>	<p>24</p> <p>MUFFIN & YOGURT PARFAIT BAR OR BREAKFAST BAGEL</p> <p>Corn dog Cheesy Bread w/ Marinara Zucchini & Squash Blend Carrots</p>
<p>27</p> <p>BISCUIT & SAUSAGE PATTY**</p> <p>Salisbury Steak** w/ Gravy Mashed Potatoes Collard Greens, Pinto Beans Cornbread</p>	<p>28</p> <p>ENGLISH MUFFIN W/ EGG, CHEESE & SAUSAGE**</p> <p>Teriyaki Chicken** Rice Corn Vegetable Eggroll</p>	<p>FYI Meals Include **Plant-based Substitution, 8 oz. Milk and Assorted Fruits Cereal, Grits, Muffins, PB& J & Yogurt available at Breakfast Ask about our gluten-free options</p> <p>Our menu is subject to change based on product availability. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p> <p>Meals Prices Breakfast Lunch Students \$3.00 \$5.00 Faculty \$4.00 \$6.00 Visitors \$4.00 \$7.00</p>		