

February

2020

ADS Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3	4	5	6	7	8
	Chicken (Tempeh) Sliders Sweet Potato Fries – V Carrots – V, GF, DF Fruit – V, GF, DF	Tostado Tuesday GF, DF beef & Vegan option Beans & rice GF, DF V fruit	Pizza Salad Fruit	Chicken Stir Fry, (Tofu) – GF, DF Egg rolls - Rice – DF, V Fruit, DF, GF, V	Cheese Tortellini with Marinara (GF PASTA) V Garlic Bread Sticks - V Peas GF DF V Fruit – V, GF, DF	
9	10	11	12	13	14	15
	Turkey (TVP) Sloppy Joes Tater Tots GF, DF, V Broccoli V, GF, DF Fruit	Bean/Cheese Quesadilla Rice – V, GF Corn , DF, GF, V Fruit – V, GF, DF	Pizza Salad Fruit	Baked Chicken (Tempeh) GF DF Buttered Noodle V, Green Beans V, GF, DF Fruit V, GF, DF	Fish Sticks (Tofu) Mac & Cheese, V Cauliflower V, GF, DF Fruit V, GF, DF	
16	17	18	19	20	21	22
No School		Enchilada Pie GF Rice – V, GF, DF Corn – V, GF, DF Fruit – V, GF, DF	Pizza Salad Fruit	Chicken Alfredo (Tofu) Garlic Bread Sticks, V Peas – V, GF, DF Fruit – V, GF, DF	Pot Stickers – (Veggie) Riced Cauliflower - V, GF, DF Bok Choy - V, GF, DF Fruit V, GF, DF	
23	24	25	26	27	28	29
	Hamburgers (Boca) w/fixins French Fries Peas/ Carrots V, GF, DF Fruit V, GF, DF	Tostado Tuesday GF, DF Chicken & Vegan option Beans & rice GF, DF V fruit	Pizza Salad Fruit	Pierogi's (Potato & Cheese) Zucchini Spirals GF, DF, V Cucumber Salad- V, GF, DF Fruit V, GF, DF	Sausage Rolls (Field Roast) Baked Beans Green Salad - V, GF, Fruit - V, GF, DF	
	Vegetarian Vegan options: Boca Burgers, Tofu, Tempeh, Vegetable, TVP	• Gluten free pasta & Breads available				