

February 2023

	Lunch	PM Snack
02/04/23	<p>Creamy Chicken Stew: Halal chicken breast, grilled onions, tomatoes, cream, ginger, garlic, spices, basmati rice.</p> <p>Spring Salad: chopped lettuce, spinach, and other leafy greens, lemon, olive oil, sumac.</p> <p>Hummus: chickpeas, sesame paste, lemon.</p> <p>1% Milk</p>	<p>Whole-grain crackers</p> <p>100% apple juice</p>
02/11/23	<p>Shrimp Bechamel: Fettuccine, shrimp, corn, cheese, spices.</p> <p>Spring Salad: chopped lettuce, spinach, other leafy greens, carrots, lemon, olive oil, sumac.</p> <p>Hummus: chickpeas, sesame paste, lemon.</p> <p>1% Milk</p>	<p>Whole-grain crackers</p> <p>100% apple juice</p>
02/18/23	<p>Spaghetti: Spaghetti, pasta sauce, grilled onions, halal ground beef.</p> <p>Spring Salad: chopped lettuce, spinach, and other leafy greens, lemon, olive oil, sumac.</p> <p>Hummus: chickpeas, sesame paste, lemon.</p> <p>1% Milk</p>	<p>Whole-grain crackers</p> <p>100% apple juice</p>
02/25/23	<p>Lamb Stew: Halal lamb meat, grilled onions, tomatoes, cream, ginger, garlic, spices, basmati rice.</p> <p>Spring Salad: chopped lettuce, spinach, and other leafy greens, lemon, olive oil, sumac.</p> <p>Hummus: chickpeas, sesame paste, lemon.</p> <p>1% Milk</p>	<p>Whole-grain crackers</p> <p>100% apple juice</p>