

**FREE** School Meals  
for **ALL** Students








# February 2023

**Oak Valley Elementary  
Jonata Middle School**

February 14th



| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| <b>BREAKFAST</b> <span style="float: right;"><b>FREE FOR ALL STUDENTS</b></span>  |   |   |   |   |
| Whole grain breakfasts, served with fruit, juice, and 1% or Fat-Free milk<br>MUST take 3 items - MUST take AT LEAST 1/2 cup of Fruit - MAY take up to 2 different fruits - MAY take 1 Fat-Free or 1% milk |   |   |   |   |
| Cereal<br>Milk and Fresh Fruit  | Whole Grain Muffin<br>Milk and Fresh Fruit  | Mini Cinni's<br>Milk and Fresh Fruit  | Minni Cinnis<br>Milk and Fresh Fruit  | Cereal<br>Milk and Fresh Fruit  |
| <b>LUNCH</b> <span style="float: right;"><b>FREE FOR ALL STUDENTS</b></span>  |   |   |   |   |
| We offer 5 components at lunch: Meat, Grain, Fruit, Vegetables, and Milk<br>MUST take 3 componenets - 1 component MUST be AT LEAST 1/2 cup fruit OR 1/2 cup Vegetable - MAY take 1 Fat-Free or 1% milk    |   |   |   |   |
| <b>1/30</b>   | <b>1/31</b>   | <b>2/1</b>  | <b>2/2</b>  | <b>2/3</b>  |
| Chicken Alfredo   | Chicken Drumstick<br>w/ Buttered Noodles  | Green Chile & Cheese Tamale   | Chicken Sandwich  | Chili Mac w/ Cornbread  |
| <b>2/6</b>  | <b>2/7</b>  | <b>2/8</b>  | <b>2/9</b>  | <b>2/10</b>   |
| Chicken, Mashed Potatoes<br>& Roll  | Corn Dog  | Pepperoni Pizza   | Chicken Pozole<br>w/ Tortilla Chips   | Nachos  |
| <b>2/13</b>   | <b>2/14</b>   | <b>2/15</b>   | <b>2/16</b>   | <b>2/17</b>   |
| Taco Nada   | Chicken Sandwich  | Green Chile & Cheese Tamale   | Chicken Drumstick<br>w/ Buttered Noodles  | Chili Mac w/ Cornbread  |
| <b>2/20</b>   | <b>2/21</b>   | <b>2/22</b>   | <b>2/23</b>   | <b>2/24</b>   |
|    |  |                     |  |  |
| <b>2/27</b>   | <b>2/28</b>   | <b>Menu is Subject to change without notice.<br/>This institution is an equal opportunity provider.</b> |   |   |
| Chicken Alfredo   | Chicken Drumstick<br>w/ Buttered Noodles  |   |   |   |