February 2021

Columbia Academy EMS

LUNCH

Allergens & Dietary Information:

B=Beef D=Dairy E=Egg
S=Soy W=Wheat

Fitness Tip: Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Tenders Cauliflower & Broccoli Orange slices **SW**	2 Beef Taco w/ Lettuce Tomato, cheese Corn Tropical Fruit **SW**	3 Hot open-face turkey Sandwich w/ gravy Carrots Peaches **BDESW**	4 Baked Ziti Fresh Green Beans Apple Slices **DESW**	5 Chicken Drumsticks Roasted Red Potatoes And Vegetables Mandarin Oranges **DSW**
8 Waffles Turkey Sausage Applesauce **DESW**	9 Sloppy Joe on a Wheat Bun Carrots Fruit Cocktail **BSW**	10 Macaroni & Cheese Mixed Vegetables Pears **DSW**	11 Chicken Fajitas w/ Flour Tortilla Black Beans Mandarin Oranges **SW**	12 Chicken Sandwich on whole wheat bun Sweet Potato Tots Pineapple **DESW**
15 **School & Office Closed**	16 Hamburger on a Whole wheat Bun Potato Tots Orange Slices **DESW**	17 Teriyaki Chicken and Rice Asian Vegetable Pineapple **SW**	18 Chicken Parmesan Garlic Bread Cauliflower Tropical Fruit **DSW**	19 Pizza Cucumber Slices Carrot Sticks Bananas **DSW**
22 French Toast Turkey Sausage Applesauce **DESW**	23 Penne Pasta and Chicken Alfredo Broccoli Fruit Cocktail **DESW**	24 Meatball Marinara Sub Mixed Vegetable Mandarin Orange **BDSW**	25 Chicken Quesadilla Rice w/ Beans Corn Peaches **DSW**	26 Turkey Hot Dog on Whole wheat bun Baked Beans Tropical Fruit **DESW**