



# TASTY FOOD FEBRUARY MENU 2022

My Kid's Lunch / Michaels's of Denver Catering / 303-778-0916

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b> <b>Grilled Chicken Wrap:</b> Diced Chicken, Shredded Cheddar, WW Tortilla, Celery Sticks, Ranch Dressing, Fruit Cup, Unflavored 1% Milk</p> <p><b>Pasta and Meatless</b> "Meat" Sauce: Beyond Beef Meat sauce, WW Pasta, Mixed Veggies, Spiced Peaches, Unflavored 1% Milk</p> <p><b>WW Cheez ITS:</b> 100% Fruit Juice</p>	<p><b>2</b> <b>Italian Sub Sandwich:</b> Sliced Ham, Sliced Turkey, Sliced Provolone, Sliced Peppers, Hoagie Bun, Whole Fruit, Sliced Cucumbers, Unflavored 1% Milk</p> <p><b>BBQ Chicken:</b> WW Cornbread, Mashed Potatoes, Fruit Cup, Unflavored 1% Milk</p> <p><b>ChickPeas:</b> Applesauce, Craisins</p>	<p><b>3</b> <b>Ham &amp; Provolone Sandwich:</b> Sliced Ham, Sliced Provolone, WW Bread, Baby Carrots, Ranch Dressing, Fruit Cup, Unflavored 1% Milk</p> <p><b>Grilled Hamburger:</b> WW Bun, Baked Beans, Cinnamon Apples, Unflavored 1% Milk</p> <p><b>Oatmeal Bar:</b> Whole Fruit, Dried Fruit</p>	<p><b>4</b> <b>Turkey &amp; Mozzarella Wrap:</b> WG Tortilla, Sliced Turkey, Shredded Mozzarella, Chickpeas, Whole Apple, Fat Free Chocolate Milk</p> <p><b>Chicken Burrito Bowl:</b> Taco Chicken, Cheddar Cheese, Brown Rice, Black Beans, Whole Fruit, Fat Free Chocolate Milk</p> <p><b>Fruit Bread:</b> Yogurt</p>
<p><b>7</b> <b>Turkey &amp; Cheddar Sandwich:</b> Sliced Turkey, Sliced Cheddar, WW Bread, Baby Carrots, Ranch Dressing, Whole Orange, Unflavored 1% Milk</p> <p><b>Chicken Mac N' Cheese:</b> Green Beans, Spiced Peaches, Unflavored 1% Milk</p> <p><b>Goldfish Crackers:</b> String Cheese</p>	<p><b>8</b> <b>Ham &amp; Cheddar Wrap:</b> Deli Ham, Shredded Cheddar, WW Tortilla, Celery Sticks, Ranch Dressing, Fruit Cup, Unflavored 1% Milk</p> <p><b>Turkey Hot Dog:</b> WW Bun, Baked Beans, Spiced Pears, Unflavored 1% Milk</p> <p><b>Sunflower Kernels:</b> 100% Fruit Juice</p>	<p><b>9</b> <b>Chicken Caesar Salad:</b> Romaine Lettuce, Grilled Chicken, Parmesan Cheese, Croutons, Caesar Dressing, Whole Fruit, WW Breadstick, Unflavored 1% Milk</p> <p><b>Chicken Fried Rice:</b> Steamed Carrots, Cinnamon Apples, Unflavored 1% Milk</p> <p><b>WW Graham Crackers:</b> Applesauce, Craisins</p>	<p><b>10</b> <b>Grilled Chicken Sandwich:</b> Grilled Chicken, WW Bun, American Cheese, Baby Carrots, Ranch Dressing, Fruit Cup, Unflavored 1% Milk</p> <p><b>Cheese Lasagna:</b> Lasagna Roll, Marinara, Mozzarella, Steamed Peas, Spiced Pears, Unflavored 1% Milk</p> <p><b>Pretzels:</b> Whole Fruit, Dried Fruit</p>	<p><b>11</b> <b>Crispy Chicken Wrap:</b> WG Tortilla, Breaded Chicken, Shredded Cheddar, Chickpeas, Whole Apple, Fat Free Chocolate Milk</p> <p><b>Chicken Tamale:</b> Cheddar Cheese, Pinto Beans, Spiced Peaches, Fat Free Chocolate Milk</p> <p><b>Bug Bites:</b> Yogurt</p>

<p><b>14</b> <b>Turkey &amp; Cheddar Sandwich:</b> Sliced Turkey, Sliced Cheddar, WW Bread, Baby Carrots, Ranch Dressing, Whole Orange, Unflavored 1% Milk</p> <p><b>Chicken Nuggets:</b> Cheesy Potatoes, Steamed Peas, Unflavored 1% Milk</p> <p><b>Goldfish Crackers:</b> String Cheese</p>	<p><b>15</b> <b>Grilled Chicken Wrap:</b> Diced Chicken, Shredded Cheddar, WW Tortilla, Celery Sticks, Ranch Dressing, Fruit Cup, Unflavored 1% Milk</p> <p><b>Pasta and Meatless “Meat” Sauce:</b> Beyond Beef Meat sauce, WW Pasta, Mixed Veggies, Spiced Peaches, Unflavored 1% Milk</p> <p><b>WW Cheez ITS:</b> 100% Fruit Juice</p>	<p><b>16</b> <b>Italian Sub Sandwich:</b> Sliced Ham, Sliced Turkey, Sliced Provolone, Sliced Peppers, Hoagie Bun, Whole Fruit, Sliced Cucumbers, Unflavored 1% Milk</p> <p><b>BBQ Chicken:</b> WW Cornbread, Mashed Potatoes, Fruit Cup, Unflavored 1% Milk</p> <p><b>ChickPeas:</b> Applesauce, Craisins</p>	<p><b>17</b> <b>Ham &amp; Provolone Sandwich:</b> Sliced Ham, Sliced Provolone, WW Bread, Baby Carrots, Ranch Dressing, Fruit Cup, Unflavored 1% Milk</p> <p><b>Grilled Hamburger:</b> WW Bun, Baked Beans, Cinnamon Apples, Unflavored 1% Milk</p> <p><b>Oatmeal Bar:</b> Whole Fruit, Dried Fruit</p>	<p><b>18</b> <b>Turkey &amp; Mozzarella Wrap:</b> WG Tortilla, Sliced Turkey, Shredded Mozzarella, Chickpeas, Whole Apple, Fat Free Chocolate Milk</p> <p><b>Chicken Burrito Bowl:</b> Taco Chicken, Cheddar Cheese, Brown Rice, Black Beans, Whole Fruit, Fat Free Chocolate Milk</p> <p><b>Fruit Bread:</b> Yogurt</p>
<p><b>21</b> <b>Turkey &amp; Cheddar Sandwich:</b> Sliced Turkey, Sliced Cheddar, WW Bread, Baby Carrots, Ranch Dressing, Whole Orange, Unflavored 1% Milk</p> <p><b>Chicken Mac N’ Cheese:</b> Green Beans, Spiced Peaches, Unflavored 1% Milk</p> <p><b>Goldfish Crackers:</b> String Cheese</p>	<p><b>22</b> <b>Ham &amp; Cheddar Wrap:</b> Deli Ham, Shredded Cheddar, WW Tortilla, Celery Sticks, Ranch Dressing, Fruit Cup, Unflavored 1% Milk</p> <p><b>Turkey Hot Dog:</b> WW Bun, Baked Beans, Spiced Pears, Unflavored 1% Milk</p> <p><b>Sunflower Kernels:</b> 100% Fruit Juice</p>	<p><b>23</b> <b>Chicken Caesar Salad:</b> Romaine Lettuce, Grilled Chicken, Parmesan Cheese, Croutons, Caesar Dressing, Whole Fruit, WW Breadstick, Unflavored 1% Milk</p> <p><b>Chicken Fried Rice:</b> Steamed Carrots, Cinnamon Apples, Unflavored 1% Milk</p> <p><b>WW Graham Crackers:</b> Applesauce, Craisins</p>	<p><b>24</b> <b>Grilled Chicken Sandwich:</b> Grilled Chicken, WW Bun, American Cheese, Baby Carrots, Ranch Dressing, Fruit Cup, Unflavored 1% Milk</p> <p><b>Cheese Lasagna:</b> Lasagna Roll, Marinara, Mozzarella, Steamed Peas, Spiced Pears Unflavored 1% Milk</p> <p><b>Pretzels:</b> Whole Fruit, Dried Fruit</p>	<p><b>25</b> <b>Crispy Chicken Wrap:</b> WG Tortilla, Breaded Chicken, Shredded Cheddar, Chickpeas, Whole Apple, Fat Free Chocolate Milk</p> <p><b>Chicken Tamale:</b> Cheddar Cheese, Pinto Beans, Spiced Peaches, Fat Free Chocolate Milk</p> <p><b>Bug Bites:</b> Yogurt</p>
<p><b>28</b> <b>Turkey &amp; Cheddar Sandwich:</b> Sliced Turkey, Sliced Cheddar, WW Bread, Baby Carrots, Ranch Dressing, Whole Orange, Unflavored 1% Milk</p> <p><b>Chicken Nuggets:</b> Cheesy Potatoes, Steamed Peas, Unflavored 1% Milk</p> <p><b>Goldfish Crackers:</b> String Cheese</p>				

*\*Our grains are USDA compliant. Choice of 1% unflavored milk or fat free milk. Fat free chocolate milk served on Fridays.*

**This institution is an equal opportunity provider.**