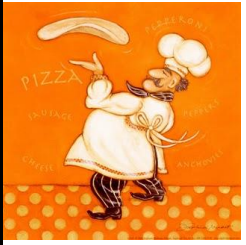

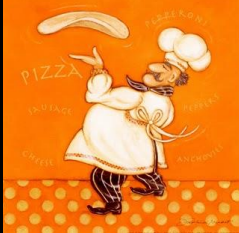





A YUMMY FEBRUARY MENU UM Canterbury @ Medical

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | COLD OPTIONS FOR THE WEEK |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | <p>1 Mojito Grilled Chicken w/Black Bean Salsa, Baked Plantains, Brown Rice, Fresh Fruit</p> <p>Mojito Tofu w/Black Beans Salsa, Baked Plantains, Brown Rice, Fresh Fruit</p> <p>Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/> | <p>2 Pizza Day</p>  | <p>Turkey Sandwich, Pretzels, Fresh Fruit</p> <p>Cheese Sandwich on Ciabatta, Pretzels, Fresh Fruit</p> <p>Turkey Wrap, Pretzels, Fresh Fruit</p> <p>Turkey & Provolone Wrap, Pretzels, Fresh Fruit</p> <p>Sun Butter & Grape Jelly Sandwich, Baked Chips, Fresh Fruit</p> <p>Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> <p>Bagel w/Jelly, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Cheese Stackers, Veggies & Hummus, Fresh Fruit</p> |
| <p>5 Pasta w/Turkey Bolognese Sauce, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Penne w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Baked Tofu Nuggets, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/> | <p>6 Breakfast for Lunch--Egg & Cheese Burrito, Roasted Potatoes, Fresh Fruit</p> <p>Breakfast for Lunch--Sweet Potato Pancakes, Eggs, Fresh Fruit</p> <p>Baked Ziti, Roasted Seasonal Veggies, Garlic Bread, Fresh Fruit</p> <p>Pasta w/Olive Oil, Garlic Bread, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/> | <p>7 Turkey & Cheese Enchiladas, Black Beans & Brown Rice, Fresh Fruit</p> <p>Cheese Enchiladas, Black Beans & Brown Rice, Fresh Fruit</p> <p>Grilled Cheese, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/> | <p>8 BBQ Chicken, Baked Beans, Corn Bread, Fresh Fruit</p> <p>BBQ Chicken Sandwich, Baked Beans, Corn Bread, Fresh Fruit</p> <p>BBQ Tofu, Baked Beans, Corn Bread, Fresh Fruit</p> <p>Mac & Cheese, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/> | <p>9 Pizza Day</p>  | <p>Turkey Sandwich, Baked Chips, Fresh Fruit</p> <p>Hummus & Roasted Veggie Sandwich, Baked Chips, Fresh Fruit</p> <p>Turkey & Swiss Wrap, Baked Chips, Fresh Fruit</p> <p>Turkey Wrap, Baked Chips, Fresh Fruit</p> <p>Corned Beef Sandwich on Rye, Baked Chips, Fresh Fruit</p> <p>Sun Butter & Grape Jelly, Baked Chips, Fresh Fruit</p> <p>Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> <p>Bagel w/Jelly, Veggies & Hummus, Fruit</p> <p>MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Cheese Stackers, Veggies & Hummus, Fruit</p> |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | COLD OPTIONS FOR THE WEEK |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>12 Pasta w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit</p> <p>Baked Tofu Nuggets, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/> | <p>13 Roasted Chicken w/Smashed Potatoes, Roasted Sweet Peas, Fresh Fruit</p> <p>Roasted Tofu w/Smashed Potatoes, Roasted Sweet Peas, Fresh Fruit</p> <p>Pasta Genovese w/Chicken, Roasted Veggies, Fresh Fruit</p> <p>Pasta Genovese, Roasted Veggies, Fresh Fruit</p> <p>Pasta w/Olive Oil, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> | <p>14 Arroz con Pollo, Baked Plantains, Fresh Fruit</p> <p>Marinated Chicken, Baked Plantains, Brown Rice, Fresh Fruit</p> <p>Marinated Tofu, Baked Plantains, Brown Rice, Fresh Fruit</p> <p>Carne Guisada (Braised Beef), Brown Rice, Baked Plantains, Fresh Fruit</p> <p>Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> | <p>15 Lean Beef Burgers, Roasted Veggies, Fresh Fruit</p> <p>Lean Beef Meatballs w/Tomato Sauce, Roll, Roasted Veggies, Fresh Fruit</p> <p>Veggie Crumble Meatballs w/Tomato Sauce, Roll, Roasted Veggies, Fresh Fruit</p> <p>Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> | <p>16 Pizza Day</p>  | <p>Turkey Sandwich, Baked Chips, Fresh Fruit</p> <p>Turkey & Swiss Sub, Baked Chips, Fruit</p> <p>Ham & Swiss Sub Sandwich, Baked Chips, Fresh Fruit</p> <p>Cheese Sandwich, Baked Chips, Fresh Fruit</p> <p>Sun Butter & Grape Jelly, Baked Chips, Fresh Fruit</p> <p>Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> <p>Bagel w/Jelly, Veggies & Hummus, Fruit</p> <p>MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Cheese Stackers, Veggies & Hummus, Fruit</p> |
| <p>19 Choose One</p> <p>Limited Hot Menu:</p> <p>Cheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Cheese Ravioli w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Lean Beef Burger, Roasted Veggies, Fresh Fruit</p> <p>Limited Cold Menu:</p> <p>Turkey Sandwich, Baked Chips, Fresh Fruit</p> <p>Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> | <p>20 Fusilli w/Low Fat Alfredo Sauce w/Chicken, Roasted Veggies, Fresh Fruit</p> <p>Pasta w/Low Fat Alfredo Sauce, Roasted Veggies, Fresh Fruit</p> <p>Fusilli w/Olive Oil, Roasted Veggies, Fresh Fruit</p> <p>Baked Chicken Nuggets, Glazed Carrots, Fresh Fruit</p> <p>Baked Tofu Nuggets, Glazed Carrots, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> | <p>21 Sweet & Sour Chicken w/Veggie Fried Rice, Steamed Edamame, Fresh Fruit</p> <p>Sweet & Sour Tofu w/Veggie Fried Rice, Steamed Edamame, Fresh Fruit</p> <p>Grilled Cheese, Steamed Edamame, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> | <p>22 Turkey Meatball Subs, Roasted Veggies, Fresh Fruit</p> <p>Turkey Meatballs w/Tomato Sauce, Roll, Roasted Veggies, Fresh Fruit</p> <p>Veggie Crumble Meatballs w/Tomato Sauce, Roll, Roasted Veggies, Fresh Fruit</p> <p>Mac & Cheese, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> | <p>23 Pizza Day</p>  | <p>Turkey Sandwich, Baked Chips, Fresh Fruit</p> <p>Sun Butter & Grape Jelly, Baked Chips, Fresh Fruit</p> <p>Roast Beef & Turkey Sub Sandwich, Baked Chips, Fresh Fruit</p> <p>Ham & Cheese Sandwich, Baked Chips, Fresh Fruit</p> <p>MILD Buffalo Chicken Wrap, Baked Chips, Fresh Fruit</p> <p>Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> <p>Bagel w/Jelly, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Cheese Stackers, Veggies & Hummus, Fresh Fruit</p> |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | COLD OPTIONS FOR THE WEEK |
|------------------------------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|----------|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 26 Pasta w/Beef Tips & Mushroom Sauce, Roasted Veggies, Fresh Fruit | 27 Maple Mustard Glazed Sliced Turkey, Roasted Veggies, Roll, Fresh Fruit | 28 "Make Your Own Yummy..." Chicken Fajitas, Brown Rice, Black Beans, Fresh Fruit | | | Turkey Sandwich, Pretzels, Fresh Fruit Italian Sandwich on Ciabatta, Pretzels, Fresh Fruit Cheese Sandwich on Ciabatta, Pretzels, Fresh Fruit Turkey Wrap, Pretzels, Fresh Fruit Turkey & Provolone Wrap, Pretzels, Fresh Fruit Sun Butter & Grape Jelly Sandwich, Baked Chips, Fresh Fruit Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit Bagel w/Jelly, Veggies & Hummus, Fresh Fruit MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit MYO Cheese Stackers, Veggies & Hummus, Fresh Fruit |
| Pasta w/Olive Oil, Roasted Veggies, Fresh Fruit | Maple Mustard Glazed Tofu, Roasted Veggies, Roll, Fresh Fruit | "Make Your Own Yummy..." Tofu Fajitas, Brown Rice, Black Beans, Fresh Fruit | | | |
| Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit | Maple Mustard Glazed Turkey Po' Boy, Roasted Veggies, Fresh Fruit | Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | | | |
| Baked Tofu Nuggets, Roasted Veggies, Fresh Fruit | Cheese Tortellini w/Tomato Sauce, Roasted Veggies, Fresh Fruit | Other Selection From Cold Options: | | | |
| Other Selection From Cold Options: | Cheese Tortellini w/Olive Oil, Roasted Veggies, Fresh Fruit | | | | |
| | Other Selection From Cold Options: | | | | |

*Please circle your daily selection; Each meal is \$5.00

Student Name: _____

Teacher Name / Room #: _____

Total for Your Yummy Meals: \$5.00 Per Meal X Number of Meals = \$ _____

***All meals will be charged via ACH at the end of the month*