



SMART SNACKING

February 2025

NCNA A at Wyman
Lunch

MONDAY

3

- Lunch
- **BBQ Chicken TOTchos**
 - **Salad Topped w/ Chickpeas & Cheese**
 - Croutons
 - **Seasoned Black Beans**
 - Brown Rice
- Sides for All Meals
- French Fries
- Fruit & Vegetable Bar
- Fresh Orange Wedges
 - Applesauce
 - Fresh Carrots
 - Sliced Cucumbers
- Milk & Condiments
- Chocolate Low Fat Milk
 - 1% Low-fat Milk

TUESDAY

4

- Lunch
- **Beef Nachos**
 - Salsa
 - **Baked Mozzarella Cheese Sticks**
 - **Baja Beans**
 - Brown Rice
- Sides for All Meals
- Seasoned Refried Beans
- Fruit & Vegetable Bar
- Fresh Red Delicious Apple
 - Cinnamon Diced Peaches
 - Fresh Green Peppers Strips
 - Corn & Pepper Salad
- Milk & Condiments
- Chocolate Low Fat Milk
 - 1% Low-fat Milk

WEDNESDAY

5

- Lunch
- **Italian Meat Spaghetti Sauce**
 - **Spaghetti**
 - Garlic Herb Flatbread
 - **Sunbutter & Grape Jelly Sandwich**
 - **Seasoned Black Beans**
 - Brown Rice
- Sides for All Meals
- Herbed Cauliflower
- Fruit & Vegetable Bar
- Fresh Orange Wedges
 - Fruit Cocktail
 - Small Caesar Salad
 - Creamy Caesar Dressing
 - Sliced Cucumbers
- Milk & Condiments
- Chocolate Low Fat Milk
 - 1% Low-fat Milk

THURSDAY

6

- Lunch
- **Teriyaki Glazed Chicken**
 - Brown Rice
 - **Vegetable Hummus Wrap**
 - **Baja Beans**
 - Brown Rice
- Sides for All Meals
- Corn
- Fruit & Vegetable Bar
- Fresh Banana
 - Cinnamon Diced Peaches
 - Fresh Broccoli Florets
 - Lettuce & Tomato Side Salad
- Milk & Condiments
- Chocolate Low Fat Milk
 - 1% Low-fat Milk

FRIDAY

7

- Lunch
- **Classic Pepperoni Pizza**
 - **Classic Cheese Pizza**
 - **Seasoned Black Beans**
 - Brown Rice
- Sides for All Meals
- Seasoned Broccoli
- Fruit & Vegetable Bar
- Fresh Red Delicious Apple
 - Blue Raspberry Lemon
 - Frozen SideKicks
 - Small Caesar Salad
 - Creamy Caesar Dressing
 - Fresh Grape Tomatoes
- Milk & Condiments
- Chocolate Low Fat Milk
 - 1% Low-fat Milk

10

- Lunch
- **Whole Grain French Toast Sticks**
 - **Breakfast Syrup**
 - Turkey Sausage Patty
 - Baked Apple Slices
 - **Toasty Cheese Sandwich**
 - **Baharat Spiced Chickpeas**
 - Brown Rice
- Sides for All Meals
- Tater Tots
- Fruit & Vegetable Bar
- Fresh Orange Wedges
 - Tropical Fruit Cocktail
 - Sliced Cucumbers
 - Carrot & Celery Sticks
- Milk & Condiments
- 1% Low-fat Milk
 - Chocolate Low Fat Milk

11

- Lunch
- **Beef, Bean & Cheese Burrito**
 - **Sunbutter & Grape Jelly Sandwich**
 - **Seasoned Black Beans**
 - Brown Rice
- Sides for All Meals
- Seasoned Black Beans
- Fruit & Vegetable Bar
- Fresh Granny Smith Apple
 - Applesauce
 - Fresh Grape Tomatoes
 - Corn & Pepper Salad
- Milk & Condiments
- 1% Low-fat Milk
 - Chocolate Low Fat Milk

12

- Lunch
- **Mashed Potato & Chicken Bowl**
 - Hawaiian Roll
 - **Build Your Own Pizza Fun Lunch**
 - **Baharat Spiced Chickpeas**
 - Brown Rice
- Sides for All Meals
- BBQ Baked Beans
- Fruit & Vegetable Bar
- Fresh Pear
 - Tropical Fruit Cocktail
 - Fresh Cauliflower Florets
 - Fresh Broccoli Florets
- Milk & Condiments
- 1% Low-fat Milk
 - Chocolate Low Fat Milk

13

- Lunch
- **Italian Chicken Parm Sandwich**
 - **Vegetable Hummus Wrap**
 - **Seasoned Black Beans**
 - Brown Rice
- Sides for All Meals
- Mashed Potatoes
- Fruit & Vegetable Bar
- Fresh Granny Smith Apple
 - Applesauce
 - Carrot & Celery Sticks
 - Spinach & Romaine Salad
- Milk & Condiments
- 1% Low-fat Milk
 - Chocolate Low Fat Milk

14

17**18**

Lunch

- **Beef Nachos**
- Salsa
- Mexican Style Pinto Beans
- **Nachos, Cheese, & Salsa Fun Lunch**
- **Mexican Style Pinto Beans**
- Brown Rice
- Sides for All Meals
 - Seasoned Zucchini
- Fruit & Vegetable Bar
 - Chilled Peaches
 - Fresh Red and Green
 - Seedless Grapes
 - Corn & Black Bean Salsa Salad
 - Fresh Carrots
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

19

Lunch

- **Rotini Tossed in Italian Meat Sauce**
- **Hummus & Veggie Bento Box**
- **Baja Beans**
- Brown Rice
- Sides for All Meals
 - Seasoned Broccoli
- Fruit & Vegetable Bar
 - Sliced Fresh Strawberries
 - Fruit Cocktail
 - Spinach & Romaine Salad
 - Creamy Caesar Dressing
 - Fresh Cauliflower Florets
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

20

Lunch

- **Chicken & Cheese Quesadilla**
- Salsa
- **Sunbutter & Grape Jelly Sandwich**
- **Seasoned Black Beans**
- Brown Rice
- Sides for All Meals
 - Mexicali Corn
- Fruit & Vegetable Bar
 - Fresh Banana
 - Fresh Red and Green
 - Seedless Grapes
 - Shredded Lettuce
 - Corn & Black Bean Salsa Salad
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

21

Lunch

- **Classic Cheese Pizza**
- **Classic Pepperoni Pizza**
- **Baja Beans**
- Brown Rice
- Sides for All Meals
 - Seasoned Peas
- Fruit & Vegetable Bar
 - Fresh Granny Smith Apple
 - Orange Pineapple & Cherry Swirl
 - Fresh Grape Tomatoes
 - Fresh Broccoli Florets
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

24

Lunch

- **Italian Meat Spaghetti Sauce**
- **Spaghetti**
- Hawaiian Roll
- **Toasty Cheese Sandwich**
- **Baharat Spiced Chickpeas**
- Brown Rice
- Sides for All Meals
 - Seasoned Cauliflower
- Fruit & Vegetable Bar
 - Fresh Orange Wedges
 - Kiwi Wedges
 - Marinated Cool Cucumbers
 - Fresh Celery Sticks
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

25

Lunch

- **Soft Beef Whole Grain Taco**
- **Bagel, Yogurt & Sunbutter Fun Lunch**
- **Seasoned Black Beans**
- Brown Rice
- Sides for All Meals
 - Seasoned Black Beans
- Fruit & Vegetable Bar
 - Fresh Granny Smith Apple
 - Pineapple Tidbits
 - Fresh Carrots
 - Corn & Pepper Salad
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

26

Lunch

- **Chicken Alfredo Rotini**
- **Cheddar/Mozzarella Salad**
- Croutons
- **Baharat Spiced Chickpeas**
- Brown Rice
- Sides for All Meals
 - Seasoned Peas
- Fruit & Vegetable Bar
 - Sliced Fresh Strawberries
 - Cinnamon Diced Peaches
 - Fresh Broccoli Florets
 - Marinated Cool Cucumbers
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

27

Lunch

- **Beef Patty**
- **Beef Gravy**
- **Fresh Baked Whole Grain Biscuit**
- **Mango Lassi Smoothie**
- **Honey Graham Crackers**
- **Seasoned Black Beans**
- Brown Rice
- Sides for All Meals
 - Mashed Potatoes
- Fruit & Vegetable Bar
 - Banana with Cinnamon and Sugar
 - Pineapple Tidbits
 - Fresh Cauliflower Florets
 - Lettuce & Tomato Side Salad
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

28

Lunch

- **Classic Pepperoni Pizza**
- **Classic Cheese Pizza**
- **Baharat Spiced Chickpeas**
- Brown Rice
- Sides for All Meals
 - Seasoned Corn
- Fruit & Vegetable Bar
 - Fresh Granny Smith Apple
 - Sunbelievable Frozen SideKicks
 - Corn & Pepper Salad
 - Fresh Broccoli Florets
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

 2/3 Tater Tot Day  2/13 Italian Food Day

If you have a food allergy, please notify us. Ask your cafeteria manager if changes were made to today's menu so we can help keep you safe!

Adult Meal Prices Adult Breakfast: \$2.84, Adult Lunch: \$5.29

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.