

February

GEMS LUNCH

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	01	02
03 Mac & Cheese 31g Green Beans 6g Sliced Bread 16g Pear 25g	04 Chix Gyro In a WG Pita 35g Fries 33g Mxd Fruit Cup 26g	05 WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g	06 Chix Jambalaya 45g Green Beans 6g Corn Muffin 24g Fruit Cup 21g	07 Chix Patty + on a WG Bun 22g Veg Baked Beans 30g Applesauce 22g	08	09
10 Teriyaki Chicken Stir-Fry 20g Caribbean Veggies 3g WG Fortune Cookie 16g Mxd Fruit Cup 26g	11 French Toast 28g Hashbrowns 17g Turkey Sausage 10g Mixed Fruit Cup 26g	12 WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g	13	14	15	16
17	18	19 WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g	20 Swedish Meatballs 16g Mashed Potatoes 17g WG Rolls 17g Fruit Cup 21g	21 Chix Nuggets 24g Veg Baked Beans 30g Applesauce 17g	22	23
24 Chix Alfredo 25.8g Broccoli 8g WG Roll 17g Pear 25g	25 Beef Taco in a WG Tortilla 23g Corn 19g Mxd Fruit Cup 26g	26 WG Pizza Slice 23g Mixed Green Salad 4g WG Cookie 18g Apple 18g	27 Spaghetti 28g Green Beans 6g Corn Muffin 24g Fruit Cup 21g	28 Chix Patty + on a WG Bun 22g Veg Baked Beans 30g Applesauce 22g	01	02
03	04	Notes: Menus are subject to change due to availability of food or unplanned school closings. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER Contact: Melissa Bryant 614.747.0196 Milk offered with each meal: 1% Milk 12g or Fat Free Chocolate 24g. Carrots are offered daily.				