

FEBRUARY

Weston Academy Lunch Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
2	A: Pepperoni Pizza 5 oz. Pepperoni Pizza B: Cheese Pizza 5 oz. Cheese Pizza SIDES 1/2 c. Frozen Fruit Treat 3/4 c. Fresh Snap Peas 	3	A: Chicken Drumstick 3 oz. Chicken Drumstick 2 oz. WG Corn Muffin B: Buffalo Chicken Stuffer 4.4 oz. Buffalo Chicken & Cheese w/ WG Crust SIDES 1/2 c. Mandarin Oranges 3/4 c. Garlic & Rosemary Potatoes BBQ Sauce Ketchup	4	A: Chicken Fajita Bowl 2.5 oz. Chicken Fajita Strips 1 oz. Shredded Cheddar 1 c. Brown Rice B: Chicken Quesadilla 5 oz. Chicken & Cheese on WG Tortilla SIDES 1/2 c. Fresh Red Apple 3/4 c. Black Beans & Corn Taco Sauce	5	A: Macaroni & Cheese 8 oz. Macaroni & Cheese w/ WG Noodles B: Bosco Sticks (2) 2 oz. Bosco Sticks 1/4 c. Marinara Sauce SIDES 1/2 c. Fresh Banana 3/4 c. Broccoli 	6	A: Meatball Marinara Sub (4) Beef Meatballs 1 oz. Mozzarella Cheese 1 oz. Marinara Sauce 2 oz. WG Sub Bun B: Chicken Corndog 4 oz. Chicken Corn Dog SIDES 1/2 c. Fresh Orange 3/4 c. Sweet Potato Fries Ketchup & Mustard
9	A: Pepperoni Pizza 5 oz. Pepperoni Pizza B: Cheese Pizza 5 oz. Cheese Pizza SIDES 1/2 c. Frozen Fruit Treat 1.5 c. Side Salad w/ Ranch Ranch	10	A: Beef Hot Dog 2 oz. Beef Hot Dog 2 oz. WG Hot Dog Bun B: Buffalo Chicken Stuffer 4.4 oz. Buffalo Chicken & Cheese w/ WG Crust SIDES 1/2 c. Mandarin Oranges 3/4 c. Smiley Potatoes Ketchup & Mustard	11	A: Walking Taco 3 oz. Seasoned Beef 1 oz. Nacho Cheese 2 oz. WG Dorito Chips B: Chicken Quesadilla 5 oz. Chicken & Cheese on WG Tortilla SIDES 1/2 c. Fresh Orange 3/4 c. Black Beans Taco Sauce 	12	A: Pulled BBQ Chicken Sandwich 3 oz. Pulled BBQ Chicken 2.05 oz. WW Hamburger Bun B: Bosco Sticks (2) 2 oz. Bosco Sticks 1/4 c. Marinara Sauce SIDES 1/2 c. Fresh Banana 3/4 c. Green Beans	13	A: Crispy Chicken Tenders (3) Chicken Tenders 1.1 oz WG Dinner Roll BBQ Sauce B: Chicken Corndog 4 oz. Chicken Corn Dog Ketchup & Mustard SIDES 1/2 c. Fresh Red Apple 3/4 c. Sweet Potato Crinkle Fries Ketchup 
16	A: Pepperoni Pizza 5 oz. Pepperoni Pizza B: Cheese Pizza 5 oz. Cheese Pizza SIDES 1/2 c. Frozen Fruit Treat 3/4 c. Fresh Celery w/ Ranch	17	A: Pancake Brunch (2) Turkey Sausage (2) WG Pancakes 3/4 c. Hashbrowns B: Buffalo Chicken Stuffer 4.4 oz. Buffalo Chicken & Cheese w/ WG Crust 3/4 c. Tater Tots SIDES 1/2 c. Mandarin Oranges Ketchup 	18	A: Beef Soft Tacos 3 oz. Seasoned Beef 1 oz. Shredded Cheddar (2) WG Tortillas B: Chicken Quesadilla 5 oz. Chicken & Cheese on WG Tortilla SIDES 1/2 c. Fresh Red Apple 3/4 c. Pinto Beans Taco Sauce	19	A: Italian Spaghetti 3 oz. Ground Beef 1/4 c. Marinara Sauce 1 c. WG Spaghetti Noodles B: Bosco Sticks (2) 2 oz. Bosco Sticks 1/4 c. Marinara Sauce SIDES 1/2 c. Fresh Banana 3/4 c. Broccoli	20	A: Sloppy Joe Sandwich 3 oz. Beef Sloppy Joe 2.05 oz. WW Hamburger Bun B: Chicken Corndog 4 oz. Chicken Corn Dog Ketchup & Mustard SIDES 1/2 c. Fresh Orange 3/4 c. Sweet Potato Fries
23	A: Pepperoni Pizza 5 oz. Pepperoni Pizza B: Cheese Pizza 5 oz. Cheese Pizza SIDES 1/2 c. Frozen Fruit Treat 3/4 c. Fresh Carrots w/ Ranch 	24	A: Boneless Chicken Wings (5) - BBQ Boneless Wings 1.1 oz WG Dinner Roll B: Buffalo Chicken Stuffer 4.4 oz. Buffalo Chicken & Cheese w/ WG Crust SIDES 1/2 c. Mandarin Oranges 3/4 c. Garlic & Rosemary Potatoes Ketchup	25	A: Chicken Fajita Bowl 2.5 oz. Chicken Fajita Strips 1 oz. Shredded Cheddar 1 c. Brown Rice B: Chicken Quesadilla 5 oz. Chicken & Cheese on WG Tortilla SIDES 1/2 c. Fresh Orange 3/4 c. Black Beans & Corn Taco Sauce	26	A: Chicken Alfredo 3 oz. Chicken 1/4 c. Alfredo Sauce 1 c. WG Rotini Pasta B: Bosco Sticks (2) 2 oz. Bosco Sticks 1/4 c. Marinara Sauce SIDES 1/2 c. Fresh Banana 3/4 c. Broccoli 	27	A: Cheeseburger 2.5 oz. Beef Patty .5 oz. American Cheese 2.05 oz. WW Hamburger Bun B: Chicken Corndog 4 oz. Chicken Corn Dog Ketchup & Mustard SIDES 1/2 c. Fresh Red Apple 3/4 c. Sweet Potato Wedges