

# February 02 - 06

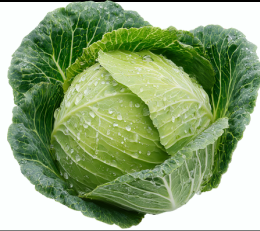
## 2026

## MIDDLE SCHOOL

**ALL MEALS INCLUDE SALAD BAR, SOUP, STEAMED RICE, DELI & DESSERTS**

Produce of the Month:

### Cabbage



Fun Facts:

- Good source of potassium, folate, vitamin K, and provides some calcium, iron, vitamin A, and vitamin C.
- 400 different varieties
- When cooked, cabbage can release a strong odor. Due to the sulfur.

02 Monday	03 Tuesday	04 Wednesday	05 Thursday	06 Friday
<b>BISTRO GARDEN</b>	<b>BISTRO GARDEN</b>	<b>BISTRO GARDEN</b>	<b>BISTRO GARDEN</b>	<b>BISTRO GARDEN</b>
Mini Pancakes Hash Browns Cheese Omelette	Swedish Meatballs with Egg Noodles or Vegetarian Swedish Meatballs with Egg Noodles	New York Style Hot Dog or Vegetarian New York Style Hot Dog	Chopped Chipotle Chicken Salad with Tortilla Soup	Vegetarian Chow Mein with Vegetarian Spring Rolls
<b>BURGERLAND</b>	<b>BURGERLAND</b>	<b>BURGERLAND</b>	<b>BURGERLAND</b>	<b>BURGERLAND</b>
Breakfast Burrito	Hawaiian Burger	Marinated Chicken Sandwich	Lettuce Wrap	Chef Choice
<b>TASTE OF ITALY</b>	<b>TASTE OF ITALY</b>	<b>TASTE OF ITALY</b>	<b>TASTE OF ITALY</b>	<b>TASTE OF ITALY</b>
Polenta with Pork Sausage Ragu	Chicken Parmesan	Lasagna	Tortellini Alfredo	Pasta chi Vruoccoli Arriminati (Sicilian Pasta With Cauliflower and Toasted Breadcrumbs)
<b>MEXICAN FIESTA</b>	<b>MEXICAN FIESTA</b>	<b>MEXICAN FIESTA</b>	<b>MEXICAN FIESTA</b>	<b>MEXICAN FIESTA</b>
Cheese Quesadilla with Toppings	Birra Beef with Consomme	Chicken Fajita	Mai Fish Taco	Flautas
<b>GF ZONE</b>	<b>GF ZONE</b>	<b>GF ZONE</b>	<b>GF ZONE</b>	<b>GF ZONE</b>
gf Chicken Marsala	gf Poached Coconut Fish	gf Thai Green Curry Pork	gf Dill Pickle Pot Roast	gf Chicken Larb
<b>VEGGIE CAFE</b>	<b>VEGGIE CAFE</b>	<b>VEGGIE CAFE</b>	<b>VEGGIE CAFE</b>	<b>VEGGIE CAFE</b>
Ma Po Tofu	Vegetarian Mole	Red Beans and Rice	Jack Fruit Wonton Casserole	Crispy Cajun Brussel Sprouts

Gluten Free Options Upon Request or  
Check out the Gluten Free Zone  
Pizza and Sandwich Station Served  
Every Day (Vegetarian Option  
Available)

Vegetarian 

Produce of the Month