

FEBRUARY 2020

OAKLAND INTERNATIONAL ACADEMY

PRE-K-8



School Information:

All meals meet USDA guidelines for a healthy school breakfast
 All Students **MUST** have a serving of Fruit for Breakfast!
 All Grains served are Whole Grain Rich.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, & artichoke hearts.



Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Chicken Nuggets WG Dinner Roll Second option: Beef Patty & WG Bun Three Beans Salad Assorted Fresh fruit and Milk	4 Baked Chicken Thighs and Rice Second option: Ground Beef Steamed Green Beans Assorted Fresh fruit and Milk	5 Beef Hot Dog Second option: Pizza Bagel Waffle Potato Assorted Fresh fruit and Milk	6 Cheese Pizza Second option: Spicy Chicken Patty & WG Bun Spinach & Celery Salad Assorted Fresh fruit and Milk	7 WG Nacho Chips Cheesy Ground Beef Second option: Beef Taco & WG Tortilla Spicy Salsa & Beans & Shredded Lettuce Assorted Fresh fruit and Milk
10 Chicken Patty Second option: Beef Hot Dog Baked Potato Wedges Assorted Fresh fruit and Milk	11 Elbow Macaroni with Marinara Sauce and Ground Beef Second option: Beef Burrito Steamed Carrot Assorted Fresh fruit and Milk	12 COUNT DAY Cheese Pizza Second option: Spicy Chicken Patty & WG Bun Spinach & Cucumber Salad Assorted Fresh fruit and Milk	13 Chicken Taco Second option: Pizza Bagel Three Beans Salad Assorted Fresh fruit and Milk	14 HALF-A-DAY FOR STUDENTS COLD PACKED LUNCH BAGS
17 PRESIDENT'S DAY SCHOOL CLOSED	18 MIDWINTER BREAK SCHOOL CLOSED	19 Baked Chicken Nuggets WG Dinner Roll Second option: Beef Hot Dog & WG Bun Green Pepper & Cherry Tomato Assorted Fresh fruit and Milk	20 Cheese Pizza Second option: Spicy Chicken Patty & WG Bun Spinach & Celery Salad Assorted Fresh fruit and Milk	21 WG Nacho Chips Cheesy Ground Beef Second option: Beef Taco & WG Tortilla Spicy Salsa & Beans & Shredded Lettuce Assorted Fresh fruit and Milk
24 WG Mac & Cheese Bread Stick Second Option: Cheesy Flat Bread Steamed Green Beans Assorted Fresh fruit and Milk	25 Grilled Cheese Sandwich Second Option: Chicken Popcorn Waffle Potatoes Assorted Fresh fruit and Milk	26 Chicken Taco Second option: Beef Patty & WG Bun Three Beans Salad Assorted Fresh fruit and Milk	27 Cheese Pizza Second option: Spicy Chicken Patty & WG Bun Spinach & Cucumber Salad Assorted Fresh fruit and Milk	28 Pizza Cruncher Cheese Second option: Beef & Cheese Burrito Colored Pepper & Cherry Tomato Assorted Fresh fruit and Milk

This institution is an equal opportunity provider

All students are eligible for Free School Meals.

Menu choices are subject to change

