

# SRCS Menu February 2024

Note: Lunches may be ordered or canceled online up until 7am each day at [myschoolaccount.com](https://myschoolaccount.com)

\*PreK and Kindergarten lunches are delivered to their tables, please choose 1 beverage for your student.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>February 5<sup>th</sup> – 9<sup>th</sup></b>  <b>Salad this week: Greek</b>	Chicken Tenders Macaroni and Cheese String Beans  “Ex Tender” meal for heartier appetites available	Hamburger, Cheeseburger, Veggie burger Let and tom available French Fries Raw baby carrots	Chicken & Cheese Quesadilla, Cheese Quesadilla, <b>BBQ Ranch Chicken Ch Quesadilla</b> Steamed Rice, Corn	Rotini Pasta with Meat Sauce or Plain Pasta, Broccoli Dinner Roll	<b>Cheese or Pepperoni Pizza</b> Pizza Day (1Slice) Meal <b>or</b> Pizza Day TWO slice meal <b>Raw Veggies</b>
<b>February 12<sup>th</sup> – 16<sup>th</sup></b>  <b>Salad this week: Chopped Turkey</b>	Pasta with Alfredo Sauce with grilled chicken or Veggie Meatballs, Plain Pasta, Peas and Carrots Dinner Roll	Crispy Chicken Filet Sandwich Tater Tots Ranch Carrots	Chopped Chicken Bowl with White Rice, Corn, Black Beans / Cheese & Salsa <b>** Chopped Chicken Bowl Salad</b>	<b>Cheese or Pepperoni Pizza</b> Pizza Day (1Slice) Meal <b>or</b> Pizza Day TWO slice meal <b>Raw Veggies</b>	<b>No School</b>
<b>February 19<sup>th</sup> – 23<sup>rd</sup></b>  <b>Salad this week: Cobb</b>	<b>Presidents Day</b>	Pancakes, Tater Tots, Sausage, S’mores Yogurt Parfait <b>or</b> <b>Option for MS: Chopped Tender Sub w/chips</b>	Beef Tacos on Flour Tortillas, Steamed Yellow Rice Corn <b>Taco Salad</b>  <b>EXTRA Taco Meal, For heartier appetites</b>	Grilled Cheese Served with Tomato Soup or Chicken Noodle Soup Carrots and Cucumber <b>PreK: Served with tater tots, not soup.</b>	<b>Cheese or Pepperoni Pizza</b> Pizza Day (1Slice) Meal <b>or</b> Pizza Day TWO slice meal <b>Raw Veggies</b>
<b>February 26<sup>th</sup> – March 1<sup>st</sup></b> <b>Salad this week: Greek</b>	Spaghetti with Marinara Sauce and Meatballs or Veggie Meatballs, Plain Pasta, Side Salad or Sliced Cucumber, Roll	Chopped Chicken Bowl with White Rice, Corn, Black Beans / Cheese & Salsa <b>** Chopped Chicken Bowl Salad</b>	Chicken Nuggets Mashed Potatoes, Gravy, Peas and Carrots	Hamburger, Cheeseburger, Veggie burger Let and tom available French Fries Raw baby carrots	<b>Cheese or Pepperoni Pizza</b> Pizza Day (1Slice) Meal <b>or</b> Pizza Day TWO slice meal <b>Raw Veggies</b>

## GLUTEN FREE OPTIONS:

**We are happy to provide gluten free options to students and staff, please note we are not a gluten free kitchen.**

Available daily with an additional charge; GF Wrap with turkey and lettuce, GF Wrap with grilled chicken, ranch and lettuce, Gluten Free Buns on burger day / Gluten Free Cheese Pizza on pizza day

## Lunch Options:

**Sub Sandwiches:** Turkey, Turkey and Cheese, Ham, Ham and Cheese, or Cheese. Lettuce, mayonnaise and mustard on side. Peanut butter or Peanut butter and jelly sandwich. Sandwiches served with chips.

**Chicken Caesar Wrap or Chicken Ranch Wrap:** let, chicken, cheddar cheese and ranch dressing.

**Veggie Burger:** available every day with chips (side changes on burger day)

**Chicken Caesar Salad or Garden Salad** with romaine, grated carrot, tomato and cucumber. Grilled chopped chicken on side. Ranch or balsamic vinaigrette on the side. **Featured Salad:** will change weekly, check menu.

**Yogurt Lunch Box:** Yoplait Yogurt and a blueberry muffin, Raw Veggie and fruit

**Tuesday - Thursday: Chicken Noodle Soup;** a bowl with crackers \$3.00 / **soup is not served as a meal, no sides or drink.**

Fresh whole fruit offered each day. Beverages served include: Low Fat Milk, LF Choc Milk, Water and 100% Apple Juice and Lemonade  
 A variety of after lunch snacks along with Gatorade, Water and Sunny D are available to purchase each day

**On Friday only for elementary school:** Ice Cream cups and our famous baked fresh cookies are \$1.00 for grades 2-5  
 Kindergarten and first grade are offered a smaller version of our baked cookie for \$.50

**Cash only for snacks**

Email Peg by 8am for absences or with questions or concerns at [lunchatsrcs@gmail.com](mailto:lunchatsrcs@gmail.com)

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