

WEEKLY MS BREAKFAST MENU

Low Fat Yogurt Parfait with Granola

Assorted Breakfast Pastries

Assorted Breakfast Sandwiches

Smoothie & Graham Crackers

Fruit Juice

Variety of Fresh Fruit

Low Fat & Non Fat Milk

Breakfast is now free!

USDA is an equal opportunity provider and employer.
Menu Subject to change.

**Follow us on
Instagram for
Menu
Updates!**

 @ucfsdnutrition



National Pizza Day
- Feb 9th



Valentine's Day
- Feb 14th

 **New Menu Item**




Variety of fresh fruit and
milk offered daily.



Nutrition and allergen
information.

Lunch - \$3.00

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MON	TUE	WED	THU	FRI
Popcorn Chicken & Pretzels Assorted Deli Sandwiches Vegetarian Variety Pizza & Hot Sandwiches Apple Slices Mashed Potatoes & Gravy Caesar Side Salad 6	Grilled Cheese Sandwich Assorted Deli Sandwiches Vegetarian Variety Pizza & Hot Sandwiches Peach Cup Cucumber Coins Tomato Soup 7	WG Mini Turkey Corn Dogs Assorted Deli Sandwiches Vegetarian Variety Pizza & Hot Sandwiches Raisins Baby Carrots & Dip Fresh Side Salad 8	Specialty Pizza Bar  Vegetarian Variety Hot Sandwiches Assorted Deli Sandwiches Steamed Corn Celery Sticks & Dip Pineapple Cup 9	All Beef Burger/Cheeseburger Assorted Deli Sandwiches Vegetarian Variety Pizza & Hot Sandwiches Applesauce Cup Baked Beans Sweet Potato Fries Caesar Side Salad 10
French Toast Sticks w/Sausage Assorted Deli Sandwiches Vegetarian Variety Pizza & Hot Sandwiches Orange Juice Tater Tots Baby Carrots and Dip 13	Breaded Chicken Sandwich Assorted Deli Sandwiches Vegetarian Variety Pizza & Hot Sandwiches Strawberries Cherry Tomatoes & Dip Heart Shaped Fries Ice Cream Treat* 14	Mac & Cheese w/ Garlic Bread Assorted Deli Sandwiches Vegetarian Variety Pizza & Hot Sandwiches Peach Cup Celery Sticks & Dip Roasted Broccoli 15	All Beef Hot Dog Assorted Deli Sandwiches Vegetarian Variety Pizza & Hot Sandwiches Apple Slices Baked Beans Caesar Side Salad 16	Bosco Sticks Assorted Deli Sandwiches Vegetarian Variety Pizza & Hot Sandwiches Grapes Marinara Sauce Cucumber Coins 17
 20	Beef Tacos Assorted Deli Sandwiches Vegetarian Variety Pizza & Hot Sandwiches Orange Slices Steamed Corn Salsa Cup 21	Chicken and Waffles  Assorted Deli Sandwiches Vegetarian Variety Pizza & Hot Sandwiches Apple Juice Baby Carrots & Dip Chickpea Salad 22	Chicken Bacon Broccoli Alfredo Pasta Assorted Deli Sandwiches Vegetarian Variety Pizza & Hot Sandwiches Craisins Cherry Tomato Cup Cucumber Coins 23	Ravioli Dippers Assorted Deli Sandwiches Vegetarian Variety Pizza & Hot Sandwiches Apple Slices Marinara Cup Caesar Side Salad 24
Pancakes & Omelet Assorted Deli Sandwiches Vegetarian Variety Pizza & Hot Sandwiches Orange Juice Tater Tots Cucumber Coins 27	Chicken Parm Sandwich Assorted Deli Sandwiches Vegetarian Variety Pizza & Hot Sandwiches Applesauce Cup Baby Carrots & Dip Tomato Mozzarella Cucumber Salad 28	Chicken Nuggets & Roll Assorted Deli Sandwiches Vegetarian Variety Pizza & Hot Sandwiches Apple Juice Cherry Tomato Cup Broccoli Salad 1	General Tso's Chicken Assorted Deli Sandwiches Vegetarian Variety Pizza & Hot Sandwiches Pineapple Cup Edamame Celery Sticks & Dip 2	Mini Calzones Assorted Deli Sandwiches Vegetarian Variety Pizza & Hot Sandwiches Grapes Apple Slices Marinara Cup Fresh Side Salad 3

*Allergen free ice cream treat available upon request

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