

February 10 - 14 Classic Menu

Rochdale Early Advantage Charter School

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Red Rabbit O's Apples 1% & Fat Free Milk	WW Mini Bagel w/ Cream Cheese Oranges 1% & Fat Free Milk	Banana Bread Pears 1% & Fat Free Milk	WW Mini Bagel w/ Jelly Honeydew 1% & Fat Free Milk	WW Croissant w/ Butter Bananas 1% & Fat Free Milk
LUNCH	Rotini a la Rosa w/ Tomatoes & Basil Mozzarella Cheese Garlic Roasted Carrots & Peppers Tangerines 1% & Fat Free Milk	Jerk Chicken Thighs Naan Mixed Cabbage w/ Peppers Honeydew 1% & Fat Free Milk	Ground Beef Stew Seasoned Yellow Rice Sauteed Green Peas & Corn Grapes 1% & Fat Free Milk	Lemon Roasted Chicken Seasoned Rice Roasted Zucchini Roasted Peppers Strawberries 1% & Fat Free Milk	Turkey Red Curry Naan Garlic Spinach w/ Chickpeas Pineapple 1% & Fat Free Milk
SNACK					
	WG=Whole Grain A whole grain is a grain that has not had its nutrient -rich germ and bran removed, and therefore does not need enrichment. These menu items contain at least 50 percent whole grains.				