



February 2020

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Wednesday, February 5, 2020

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Noor International Academy Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Mini Burgers (2) on WG Bun HL (22) Roasted Red Potato (1) 1/2c (20) Baked Beans -Halal 1/2 C (22) Fresh Fruit Mix (20) Milk Choice 8oz	4 Lasagna w/marinara WG (V) (28) Garden Salad 1 c (17) Grape Tomatoes 1/4 c (3) Tropical Fruit 1/2c (22) Dinner Roll WG IW (16) Milk Choice 8oz	5 Chicken Salad (HL) 3 oz Carrot Coins 1/2 c w/dip (10) Thin Bun WG Mandarin Oranges 1/2 c (13) Cheez -its WG (14) Milk Choice 8oz	6 Cheese Pizza WG (V) (32) Romaine Salad 1c Grape Tomatoes 1/4 c (3) Sorbet Cup (23) Milk Choice 8oz	7 *1/2 Day No Lunch*
10 Chicken & Gravy (HL) 3oz Mashed Potatoes 3/4 C Dinner Roll WG IW (16) Peach Cobbler 4oz Milk Choice 8oz	11 Chicken Patty w/Cheese HL Dill Pickle Chips (5) 1/4c Vegetable Juice 4oz (13) Doritos Cool Ranch (RF) (19) Apple (19) Milk Choice 8oz	12 Chick Caesar Salad (HL) (9) Carrots 1/4 c (3) Fresh Fruit Mix (20) Fritos WG (12) Dinner Roll WG IW (16) Milk Choice 8oz	13 Cheese Pizza WG (V) (32) Spinach Rom Bean Salad 1c Juice 100%- 4oz (15) Milk Choice 8oz	14 * Closed *
17 * Closed *	18 BBQ Chicken pc 1 ea (HL) (20) Corn Bread Loaf 2oz WG IW (28) Baked Beans -Halal 1/2 C (22) Vegetable Juice 4oz (13) Apple (19) Milk Choice 8oz	19 Turkey & Chz Wrap (HL) WG (51) Dill Pickle Chips(10) 1/2c Broccoli 1/4c (2) Clementine Doritos (RF) (20) Ranch Dip 1 Pkt (9) Milk Choice 8oz	20 Cheese Pizza WG (V) (32) Romaine Salad 1c Juice 100%- 4oz (15) Milk Choice 8oz	21 *1/2 Day No Lunch*
24 Mac & Cheese (Baked) 6 oz (V) Mixed Veggies 1/2 c (12) Baked Beans -Halal 1/2 C (22) Vegetable Juice 4oz (13) Pear (26) Milk Choice 8oz	25 Chicken Tenders (2)(HL) (10) AuGratin Potatoes 1/2 c (25) Broccoli 1/2c (4) Fresh Fruit Mix (20) Ranch Dip 1 Pkt (9) Dinner Roll WG IW (16) Milk Choice 8oz	26 Italian Sub w/let & pep (HL) (20) Carrot Coins 1/2 c (9) Bean & Cheese Dip 1/4c Tortilla Chips (1.25Br)WG (19) Pineapple Tidbits 4 oz (20) Milk Choice 8oz	27 Cheese Pizza WG (V) (32) Spinach Rom Bean Salad 1c Juice 100%- 4oz (15) Milk Choice 8oz	28 * Closed *

Carb Counts
included in
parenthesis ()
for each item

* Carb counts are estimated based on nutrition labels from the manufacturer and USDA data

Milk Carbs:
Fat Free White Milk 1/2 Pint (Purple)(12)
Fat Free Chocolate Milk 1/2 Pint (Brown)(23)

*(V) indicates a vegetarian entree

This institution is an equal opportunity provider.