

MOA Menu – February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
02/30 Smothered Meatballs & Gravy Mashed Potatoes Broccoli Florets Dinner Roll, 1% Milk	02/01 Beef & Cheese Taco Roll-up, Beans, Buttered Carrots 1% Milk	02/02 Cheesy French Bread Pizza Caesar Salad Green Beans 1% Milk	02/03 Filet of Fish Buttered Corn Rice Pilaf, Broccoli, 1% Milk	02/04 Country Fried Steak Sandwich Baked Beans Buttered Carrots 1% Milk
02/07 Crispy Chicken Nuggets Mashed Potatoes Buttered Carrots 1% White Milk	02/08 Beef Soft Tacos Refried Beans Shredded Lettuce Salad 1% Milk	02/09 Turkey Pepperoni Calzone Caesar Salad Buttered Corn 1% Milk	02/10 Oven fried Chicken, Green Beans, Pinto Beans, 1% Milk	02/11 Beef Steak Burger Potato Wedges Buttered carrots 1% Milk
02/14 Country Fried Steak Mashed Potatoes Green Beans 1% Milk	02/15 Beef & Bean Burrito, Seasoned Black Beans, Buttered Carrots 1% Milk	02/16 Mozzarella Stuffed Breadsticks Caesar Salad Green Beans 1% Milk	02/17 Beef Spaghetti & Meat sauce Broccoli & Cauliflower Buttered Corn 1% Milk	02/18 Chicken Fried Chicken Sandwich Buttered Carrot Burger Fixins 1% Milk
02/21 Smothered Meatballs & Gravy Mashed Potatoes Broccoli Florets Dinner Roll, 1% Milk	02/22 Beef & Cheese Taco Roll-up, Beans, Buttered Carrots 1% Milk	02/23 Cheesy French Bread Pizza Caesar Salad Green Beans 1% Milk	02/24 Filet of Fish Buttered Corn Rice Pilaf, Broccoli, 1% Milk	02/25 Country Fried Steak Sandwich Baked Beans Buttered Carrots 1% Milk
02/27 Crispy Chicken Nuggets Mashed Potatoes Buttered Carrots 1% White Milk	02/28 Beef Soft Tacos Refried Beans Shredded Lettuce Salad 1% Milk	03/01 Turkey Pepperoni Calzone Caesar Salad Buttered Corn 1% Milk	03/02 Oven fried Chicken, Green Beans, Pinto Beans, 1% Milk	03/03 Beef Steak Burger Potato Wedges Buttered carrots 1% Milk

Breakfast:

M: Quiche, Fresh Bananas, 1% Milk
 T: Buttered Toast, Fresh Apples, 1% Milk
 W: Quiche, Fresh Oranges, 1% Milk
 Th: French Toast, Fresh Pears, 1% Milk
 F: Potato Quiche, Fresh Apples, 1% Milk

PM Snacks:

M: Whole Grain Crackers & Sliced Cheese
 T: Whole Grain Fish Crackers & Cheddar Cheese Stick
 W: Cheese Sandwiches
 Th: Whole Grain Crackers & Mozzarella String Cheese
 F: Cheese Its & Marble Jack Cheese Stick