

Sailorway Café



February 2023

Full student lunch includes choice of meat or meat alternate, whole grain bread or grain, vegetable, fruit or juice choice, and milk choice (1% unflavored, skim, or fat-free flavored). <i>Students must take a 1/2c serving of a fruit or a vegetable with lunch.</i>	Lunch Price: \$2.90 Reduced Lunch: \$.40 Adult Lunch: \$4.35
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		February 1	February 2	February 3
		Chicken Tenders Dutch Waffle Tater Tots Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Fresh Baked Pizza (Cheese or Pepperoni) Baked Beans Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Macaroni and Cheese WG Muffin California Mixed Veggies Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk
February 6	February 7	February 8	February 9	February 10
Toasted Cheese Sandwich Tomato Soup or Chili Tater Tots Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	General Tso's Chicken Whole Grain Rice California Mixed Veggies Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Walking Tacos Doritos w/ Taco Beef, Cheese Lettuce,Salsa, Sour Cream Black Beans/Assorted Fr Veggies Assorted Fresh & Canned fruits Choice of Milk	Calzone Cheese or Pepperoni Steamed Corn Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Popcorn Chicken Sub or (Buffalo or Regular) French Fries/Baked Beans Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk
February 13	February 14	February 15	February 16	February 17
Bosco Breadsticks Marinara Steamed Broccoli Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Popcorn Chicken WG Crackers Mashed Potatoes/Gravy Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk <i>Valentine Cookie</i>	Blueberry Belgium Waffle Sausage Links Tater Tots Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Domino's Pizza (Cheese or Pepperoni) Baked French Fries Assorted Fruits or 100% Juice Choice of Milk	NO SCHOOL
February 20	February 21	February 22	February 23	February 24
NO SCHOOL	Pasta Bar - Rotini w/ Meatballs or Chicken Parmesan/Marinara WG Garlic Breadstick <i>Fresh Garden Salad</i> Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Macho Nachos WG corn tortilla chips, beef taco cheese sauce,lettuce,salsa Shredded lettuce, salsa,sour cream Black Beans/Asst Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Marco's Pizza (Cheese or Pepperoni) Tater Tots Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	BBQ Pork Sandwich Choice of Bagged Chips Baked Twister Fries Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk
February 27	February 28	March 1	March 2	March 3
Mozzarella Cheese Sticks Maninara Steamed Broccoli Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Chicken Mashed Potato Bowl WG Roll Mashed Potatoes/Gravy Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Chicken Tenders Dutch Waffle Tater Tots Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Fresh Baked Pizza (Cheese, (Pepperoni or Buffalo Chicken)) Baked Beans Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Macaroni and Cheese WG Muffin California Mixed Veggies Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk
Menu subject to change without notice.		This institution is an equal opportunity provider.		
Daily Meal Choices: Mon-Wed-Fri: Breaded Chicken Filet Sandwich Mon-Wed-Fri: Spicy Breaded Chicken Filet Sandwich Tues-Thurs: Hamburger/Cheeseburger on Bun Cold Deli Sandwich Creamy Yogurt Parfait with Banana Bread Sunbutter Uncrustable/String Cheese &/or WG Crackers Assorted Lunch Salads (Chef, Chicken, Vegetarian) (made with locally grown lettuces from OHIO farms)		Garden Fresh Entrée Salads: Salad lunches come with a fruit or juice, a warm WG breadstick, steamed veggie selection, milk choice,& dressing Monday - Chicken Parmesan Tuesday - Oriental Chicken Wednesday - Chicken BLT Thursday - BBQ Chicken Salad Friday - Chef Salad		This café uses a variety of products that may contain an artificial sweetener. Products may be produced in a plant that also produces milk, egg, wheat, soy, peanuts, and tree nuts.