



FEBRUARY 2020

# Molalla River Academy

Cost \$4.20 or \$4.50 Adults

Remember to make a copy for records

Student: \_\_\_\_\_

Teacher: \_\_\_\_\_

Orders due January 15th; Orders for February 18th - 28th only due February 3rd.

## FEATURE OF THE MONTH

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|---|---|---|
|  |   |   |   |   |
| <p>3</p> <p>Lunch: (V)<br/>Bean and Cheese Burrito, fresh fruit, and veggies</p>   | <p>4</p> <p>Lunch: (GF, DF)<br/>Meaty Chili, WG Tortilla Chips, fresh fruit, and veggies</p>                          | <p>5</p> <p>Lunch: (V)<br/>Traditional Pizza Bagel, fresh fruit, and veggies</p>        | <p>6</p> <p>Lunch: (DF)<br/>Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies</p>   | <p>7</p> <p>Lunch: (V)<br/>Pasta Alfredo, fresh fruit, and veggies</p>                |
| <p>10</p> <p>Lunch:<br/>Biscuits and Gravy, fresh fruit, and veggies</p>           | <p>11</p> <p>Lunch: (V)<br/>Roasted Potatoes, (V, DF)<br/>Pancake Breakfast, fresh fruit, Blackberry Fruit Spread</p> | <p>12</p> <p>Lunch: (DF)<br/>Turkey Hot Dog, fresh fruit, and veggies</p>               | <p>13</p> <p>Lunch: (V)<br/>Roasted Garlic Pizza Bagel, Ranch, fresh fruit, and veggies</p> | <p>14</p> <p>Lunch: (DF)<br/>Soft Chicken Tacos, fresh fruit, and veggies</p>         |
| <p>17</p> <p>Lunch:<br/>No School</p>  | <p>18</p> <p>Lunch: (DF)<br/>Breaded Chicken Breast Sandwich, fresh fruit, and veggies</p>                            | <p>19</p> <p>Lunch: (V)<br/>Traditional Pizza Bagel, fresh fruit, and veggies</p>       | <p>20</p> <p>Lunch: (V)<br/>Mac and Cheese, fresh fruit, and veggies</p>                    | <p>21</p> <p>Lunch: (DF)<br/>Teriyaki Chicken with Rice, fresh fruit, and veggies</p> |
| <p>24</p> <p>Lunch:<br/>Chicken Stuffing &amp; Gravy, fresh fruit, and veggies</p> | <p>25</p> <p>Lunch: (V)<br/>Roasted Garlic Pizza Bagel, fresh fruit, and veggies</p>                                  | <p>26</p> <p>Lunch: (DF)<br/>Whole Grain Chicken Corn Dog, fresh fruit, and veggies</p> | <p>27</p> <p>Lunch: (V, GF, DF)<br/>Egg Fried Rice, fresh fruit, and veggies</p>            | <p>28</p> <p>Lunch: (DF)<br/>BBQ Chicken Sandwich, fresh fruit, and veggies</p>       |

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES  
ALL MEALS ARE SERVED WITH MILK

Molalla River Academy is an equal opportunity provider.



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# S: Cold Alternate-GF/DF/Veg

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|---|--|--|---|--|
|   |  |  |   |  |
| <p><b>3</b></p> <p>Lunch: (V, GF, DF)<br/>GF/DF Premium Protein Pack</p>  | <p><b>4</b></p> <p>Lunch: (V, GF, DF)<br/>DF Mexican Bean &amp; Rice Bowl</p>  | <p><b>5</b></p> <p>Lunch: (V, GF, DF)<br/>GF SunButter &amp; Jelly Sandwich,<br/>Hardboiled Egg</p>  | <p><b>6</b></p> <p>Lunch: (V, GF, DF)<br/>DF Vegetarian Taco Salad</p>  | <p><b>7</b></p> <p>Lunch: (V, GF, DF)<br/>GF/DF Perfect Picnic Pack</p>  |
| <p><b>10</b></p> <p>Lunch: (V, GF, DF)<br/>GF/DF Premium Protein Pack</p> | <p><b>11</b></p> <p>Lunch: (V, GF, DF)<br/>DF Mexican Bean &amp; Rice Bowl</p> | <p><b>12</b></p> <p>Lunch: (V, GF, DF)<br/>GF SunButter &amp; Jelly Sandwich,<br/>Hardboiled Egg</p> | <p><b>13</b></p> <p>Lunch: (V, GF, DF)<br/>DF Vegetarian Taco Salad</p> | <p><b>14</b></p> <p>Lunch: (V, GF, DF)<br/>GF/DF Perfect Picnic Pack</p> |
| <p><b>17</b></p> <p>Lunch: (V, GF, DF)<br/>GF/DF Premium Protein Pack</p> | <p><b>18</b></p> <p>Lunch: (V, GF, DF)<br/>DF Mexican Bean &amp; Rice Bowl</p> | <p><b>19</b></p> <p>Lunch: (V, GF, DF)<br/>GF SunButter &amp; Jelly Sandwich,<br/>Hardboiled Egg</p> | <p><b>20</b></p> <p>Lunch: (V, GF, DF)<br/>DF Vegetarian Taco Salad</p> | <p><b>21</b></p> <p>Lunch: (V, GF, DF)<br/>GF/DF Perfect Picnic Pack</p> |
| <p><b>24</b></p> <p>Lunch: (V, GF, DF)<br/>GF/DF Premium Protein Pack</p> | <p><b>25</b></p> <p>Lunch: (V, GF, DF)<br/>DF Mexican Bean &amp; Rice Bowl</p> | <p><b>26</b></p> <p>Lunch: (V, GF, DF)<br/>GF SunButter &amp; Jelly Sandwich,<br/>Hardboiled Egg</p> | <p><b>27</b></p> <p>Lunch: (V, GF, DF)<br/>DF Vegetarian Taco Salad</p> | <p><b>28</b></p> <p>Lunch: (V, GF, DF)<br/>GF/DF Perfect Picnic Pack</p> |

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