

Kestrel Heights Menu- February 2025

February				
Monday (02/03)	Tuesday (02/04)	Wednesday (02/05)	Thursday (02/06)	Friday (02/07)
Breakfast				
WG Bagel w/ Cream Cheese Fruit Choice 100% Fruit Juice Milk	French Toast Sticks Spiced Apples 100% Fruit Juice Milk	Oatmeal Banana 100% Fruit Juice Milk	Pancakes Fresh Fruit 100% Fruit Juice Milk	Blueberry Muffin Fruit Choice 100% Fruit Juice Milk
Lunch				
Chicken Filet on Bun or Chickpea Salad on Bun Hashbrown Potatoes Baked Beans Diced Peaches Milk	Super Beef Spaghetti or Cheesy Spaghetti w/ Cheese Stick Roasted Carrots Fresh Green Beans Fruit Choice Roll Milk	Beef Chili or Vegetarian Chili Mixed Vegetables Fruit Compote Roll Milk	Mongolian Beef or Hunan-Style Spicy Tofu Fried Rice Fresh Stir-Fry Vegetables Applesauce Cup Milk	Cheese Pizza Corn Side Salad w/ ranch dressing Diced Peaches Milk
Monday (02/10)	Tuesday ((02/11)	Wednesday (02/12)	Thursday (02/13)	Friday (02/14)
Breakfast				
WG Cereal Fruit Choice 100% Fruit Juice Milk	WG Waffle Fresh Fruit 100% Fruit Juice Milk	WG Breakfast Burrito Mixed Fruit Cup 100% Fruit Juice Milk	WG Granola and Yogurt Banana 100% Fruit Juice Milk	WG Nutri Grain Bar Cheese Stick Mixed Fruit Cup 100% Fruit Juice Milk
Lunch				
Goopy Cheese Quesadilla Spicy Black Beans Baby Carrots w/ ranch dressing Salsa Fresh Fruit Milk	Pulled BBQ Chicken on Bun or Chickpea Salad on Bun Zany Zucchini & Tomatoes Kale Fruit Choice Milk	Super Beef Spaghetti or Cheesy Spaghetti w/ Cheese Stick Sauteed Squash Fresh Green Beans Roll Fresh Fruit Milk	Chicken & Waffles or Crispy Tofu & Waffles Super Sauteed Spinach Hashbrown Potatoes Applesauce Cup Milk	Cheese Pizza Corn Side Salad w/ ranch dressing Diced Peaches Milk
Monday (02/17)	Tuesday (02/18)	Wednesday (02/19)	Thursday (02/20)	Friday (02/21)
Breakfast				
NO SCHOOL - Teacher Workday	WG Cinnamon Roll Fruit Choice 100% Fruit Juice Milk	Banana Muffin Fresh Fruit 100% Fruit Juice Milk	WG Waffle Fruit Choice 100% Fruit Juice Milk	Blueberry Muffin Mixed Fruit Cup 100% Fruit Juice Milk
Lunch				
NO SCHOOL - Teacher Workday	Crispy Chicken Strips or Crispy Tofu Baked Beans Potato Wedges Fresh Fruit Roll Milk	Cheese Ravioli w/ Meat Sauce or Cheese Ravioli w/ Marinara Sauteed Bell Peppers (Mixed) Glazed Carrots Roll Applesauce Cup Milk	Herb Roasted Chicken Thighs Black Beans Aromatic Brown Rice California Blend Vegetables Fresh Fruit Milk	Cheese Pizza Corn Side Salad w/ ranch dressing Diced Peaches Milk

Monday (02/24)	Tuesday ((02/25)	Wednesday (02/26)	Thursday ((02/27)	Friday (02/28)
Breakfast				
WG Granola & Yogurt Banana 100% Fruit Juice Milk	WG Bagel w/ Cream Cheese Fruit Choice 100% Fruit Juice Milk	Blueberry Muffin Fresh Fruit 100% Fruit Juice Milk	French Toast Sticks Spiced Apples 100% Fruit Juice Milk	WG Nutri Grain Bar Cheese Stick Mixed Fruit Cup 100% Fruit Juice Milk
Lunch				
Cheese Ravioli w/ Meat Sauce or Cheese Ravioli w/ Marinara Zany Zucchini Glazed Carrots Fresh Fruit Roll Milk	Chicken & Waffle or Crispy Tofu & Waffle Super Sauteed Spinach Hash Brown Potatoes Mixed Fruit Cup Milk	Turkey Sub or Mozzarella, Spinach & Tomato Sub Sun Chips Baby Carrots w/ Dressing Applesauce Cup Milk	BBQ Chicken Thigh or BBQ Tofu Mashed Potatoes Cool NC Collards Golden Cornbread Applesauce Cup Milk	Cheese Pizza Corn Side Salad w/ ranch dressing Diced Peaches Milk