

Menu Name : Great Oaks Academy (School of Grammar K-5th Grade) Hot Lunch								
Grade Level / Age Group : K - 5th Grade	Meal Pattern : NSLP							
Meal: Hot Lunch								
February - 2026								
<b>Hot Lunch</b>	Monday, February 02, 2026	Tuesday, February 03, 2026	Wednesday, February 04, 2026	Thursday, February 05, 2026	Friday, February 06, 2026			
<b>Crispy Chicken Tenders</b>	<b>Cheeseburger</b>	<b>Alfredo Penne</b>	<b>Pulled Chicken Taco</b>	<b>Max Cheez' Breadsticks</b>	<b>Week I</b>			
Ketchup	Bun, Chz Slice & Ketchup	Sliced cucumbers & dip	Seasoned pulled Chicken taco served with WG Tortilla, Shred Lettuce, Shred cheese	Seasoned Warm Red Sauce Caesar Salad (Romaine, croutons, Cheese * caesar dressing)				
Carrot Slims & Dip	Potato Smiles, Cucumbers w/ dip	Banana	Seasoned Black beans	Fresh Cup Apple Wedges				
Fruit cup	Fresh Orange	Choice Milk at Checkout	Fresh honey dew chunks & choice milk	Choice of Milk at checkout				
Wg Roll & Choice Milk	Choice Milk	Special treat: Confetti Cookie	Choice of Milk at checkout	Choice of Milk at Checkout				
<b>Hot Lunch</b>	Monday, February 09, 2026	Tuesday, February 10, 2026	Wednesday, February 11, 2026	Thursday, February 12, 2026	Friday, February 13, 2026			
<b>Mandarin Orange Chicken</b>	<b>Premium Chicken Nuggets</b>	<b>Penne Pasta w/ Spaghetti meatballs</b>	<b>Premium Corn Dog</b>	<b>No School/Flex Day</b>	<b>Week II</b>			
Veggie Fried Rice	Ketchup	Marinara Meatballs served with WG buttered Penne	WG chicken Corn Dog served with Ketchup					
Celery Sticks, carrots & Dip	Mashed Potatoes	Top with Shred Mozz	CKC baked beans & Cucumbers					
Fruit cup	WG Roll	Salad Greens & Dressing	Fresh Honey Dew chunks & Choice Milk					
Choice Milk	Fresh Orange & Choice milk	Banana & Choice of Milk	Cool Ranch Doritos					
<b>Hot Lunch</b>	Monday, February 16, 2026	Tuesday, February 17, 2026	Wednesday, February 18, 2026	Thursday, February 19, 2026	Friday, February 20, 2026			
<b>No School</b>	<b>HV Cheese Bites w/Italian Dip</b>	<b>Walking Taco</b>	<b>Premium Chicken Tenders</b>	<b>Mini Cheese Pizza Triangles</b>	<b>Week III</b>			
	Potato Stix w/Ketchup	NachoDoritos, seasoned Beef Taco	Ketchup	Greens Salad & Dressing				
	Crisp Celery w/dip	Fill with Shred Lettuce, Shred Cheddar	Sliced Cucumbers w/ dip	Fresh Cut apple wedges				
	Choice Milk at Checkout	Cheese & mild Salsa	Fresh Honeydew Melon Chunks					
	Fresh Orange wedges	Refried beans, Banana and choice Milk	Choice of Milk	Choice milk				
<b>Hot Lunch</b>	Monday, February 23, 2026	Tuesday, February 24, 2026	Wednesday, February 25, 2026	Thursday, February 26, 2026	Friday, February 27, 2026			
<b>Premium Chicken Patty Sandwich</b>	<b>HV Grilled Cheese</b>	<b>All Beef Hot Dog</b>	<b>HV French Bread Pizza</b>	<b>Chef's Choice Cold Sack lunch</b>	<b>Week IV</b>			
WG Bun & Ketchup	Baby Carrots, Cucumbers & Dip	Hot dog Bun, Ketchup	Crisp broccoli w/dip	Veggie of the Day				
Fava Bean Crisps	Fresh Orange	Steamed Corn & Cucumbers	Fresh Honey Dew Chunks	Fruit of the day				
Carrot Slims	Choice Milk at Checkout	Bananas and Choice of Milk	Choice of Milk at checkout	Choice of Milk at checkout				
Fruit Cup & Choice of Milk at checkout		Cheetos						
<b>Hot Lunch</b>	<p>What is a healthy portion size of meat according to the USDA?</p> <p>Meats (each counts as 1 serving): 2 to 3 ounces cooked lean beef, pork, veal, or lamb without bone. 2 to 3 ounces cooked poultry without skin or bone. 2 to 3 ounces cooked fish without bone.</p>							
	<p>The USDA promotes portion control through the MyPlate guidelines, which recommend making half your plate fruits and vegetables. It also emphasizes controlling portions at restaurants, reading food labels for serving sizes, and using measuring cups and serving utensils to ensure consistent and appropriate amounts.</p>							