

This institution is an equal opportunity provider

Menu Name : Great Oaks Academy (School of Logic 5th - 8th Grade) Hot Lunch					
Grade Level / Age Group : 5th - 8th Grade		Meal Pattern : NSLP			
February - 2026					
	Monday, February 02, 2026	Tuesday, February 03, 2026	Wednesday, February 04, 2026	Thursday, February 05, 2026	Friday, February 06, 2026
Hot Lunch	Crispy Chicken Tenders	Cheeseburger	Alfredo Penne	Pulled Chicken Taco	Max Cheez' Breadsticks
	Ketchup	Bun, Chz Slice & Ketchup	Sliced cucumbers & dip	Seasoned pulled Chicken taco served with WG Tortilla, Shred Lettuce, Shred cheese	Seasoned Warm Red Sauce
	Carrot Slims & Dip	Potato Smiles, Cucumbers w/ dip	Banana	Seasoned Black beans	Caesar Salad (Romaine, croutons, Cheese * caesar dressing)
	Fruit Cup	Fresh Orange	Choice Milk at Checkout	Fresh honey dew chunks & choice milk	Fresh Cup Apple Wedges
	WG Roll & Choice Milk	Choice Milk	Special treat: Confetti Cookie	Choice of Milk at checkout	Choice of Milk at Checkout
	Monday, February 09, 2026	Tuesday, February 10, 2026	Wednesday, February 11, 2026	Thursday, February 12, 2026	Friday, February 13, 2026
Hot Lunch	Mandarin Orange Chicken	Premium Chicken Nuggets	Penne Pasta w/ Spaghetti meatballs	Premium Corn Dog	No School/Flex Day
	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	
	Monday, February 16, 2026	Tuesday, February 17, 2026	Wednesday, February 18, 2026	Thursday, February 19, 2026	Friday, February 20, 2026
Hot Lunch	No School	HV Cheese Bites w/Italian Dip	Walking Taco	Premium Chicken Tenders	Mini Cheese Pizza Triangles
		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
	Monday, February 23, 2026	Tuesday, February 24, 2026	Wednesday, February 25, 2026	Thursday, February 26, 2026	Friday, February 27, 2026
Hot Lunch	Premium Chicken Patty Sandwich	HV Grilled Cheese	All Beef Hot Dog	HV French Bread Pizza	Chef's Choice Cold Sack lunch
	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		
Hot Lunch	What is a healthy portion size of meat according to the USDA?		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.		
	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.				