

This institution is an equal opportunity provider

Menu Name : Great Oaks Academy Allergen (School of Logic 5th-8th grade) Hot Lunch

No Dairy No Gluten (No Wheat) No Egg No Soy No Sesame No Fish No peanuts No tree nuts

No Shell Fish No Sunflowers (seed, oil & butter)

Meal Pattern : NSLP

Meal: Hot Lunch

February - 2026

Hot Lunch	Monday, February 02, 2026	Tuesday, February 03, 2026	Wednesday, February 04, 2026	Thursday, February 05, 2026	Friday, February 06, 2026	Week I
	Yummy Beef & Scallion Steamed Rice Steamed Green Beans Fruit of the day Choice of Milk	Chicken Sukkhar Steamed Rice Steamed Green Beans Fruit of the day Choice Milk	Beef Fried Rice Fresh Broccoli	Spice Rubbed Chicken Fillet Steamed Rice	Beef Taco Meat over Rice Serve Seasoned Beef on Brown Rice Steamed Black Beans & Corn Fruit of the day & Corn Chips Choice of Milk	
Hot Lunch	Monday, February 09, 2026	Tuesday, February 10, 2026	Wednesday, February 11, 2026	Thursday, February 12, 2026	Friday, February 13, 2026	Week II
	Chicken Supreme Steamed Rice Steamed Green Beans Fruit of the day Choice of Milk	Beef Nachos Taco Beef & Golden Corn Chips Black bean & Corn Fruit of the day Choice of Milk	Marinated Chicken Fillet Brown Rice	Chicken Pilaf Crisp Broccoli	NO School/Inservice	
Hot Lunch	Monday, February 16, 2026	Tuesday, February 17, 2026	Wednesday, February 18, 2026	Thursday, February 19, 2026	Friday, February 20, 2026	Week III
	No School Brown Rice Steamed Corn Fruit of the day Choice of Milk	Beef Broccoli Seasoned Chicken & Peppers Served W/brown rice Black beans Fruit of the day and Choice Milk	Chicken Fajita W/ Rice Brown Rice	Beef Meatballs Steamed Carrots	Chicken & Potatoes Steamed Rice Fresh Carrot slims Fruit of the day Choice milk	
Hot Lunch	Monday, February 23, 2026	Tuesday, February 24, 2026	Wednesday, February 25, 2026	Thursday, February 26, 2026	Friday, February 27, 2026	Week IV
	Yummy Beef & Scallion Steamed Rice Steamed Green Beans Fruit of the day Choice of Milk	Chicken Sukkhar Steamed Rice Steamed Green Beans Fruit of the day Choice Milk	Beef Fried Rice Fresh Broccoli	Spice Rubbed Chicken Fillet Steamed Rice	Beef Taco Meat over Rice Serve Seasoned Beef on Brown Rice Steamed Black Beans & Corn Fruit of the day & Corn Chips Choice of Milk	
Hot Lunch	What is a healthy portion size of meat according to the USDA? 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.				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.	