

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 & butte					
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
	Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	Beef Taco Meat over Rice
	Steamed Rice	Steamed Rice	Fresh Broccoli	Steamed Rice	Serve SeasonedBeef on Brown Rice
	Steamed Green Beans	Steamed Green Beans	Fruit of the day	Baby Carrots	Steamed Black Beans & Corn
	Fruit of the day	Fruit of the day	Choice of Milk	Fruit of the day	Fruit of the day & Corn Chips
Choice of Milk	Choice Milk		Choice of Milk at Checkout	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
	Chicken Supreme	Beef Nachos	Marinated Chicken Fillet	Chicken Pilaf	NO School/Inservice
	Steamed Ri e	Taco Beef & Golden Corn Chips	Brown Rice	Crisp Broccoli	
	Streamed Green Beans	Black bean & Corn	Fresh Baby Carrots		
	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	
Choice of Milk	Choice of Milk	Choice milk	Choice of Milk at Checkout		
Hot Lunch	Monday, February 16, 2026	Tuesday, February 17, 2026	Wednesday, February 18, 2026	Thursday, February 19, 2026	Friday, February 20, 2026
	No School	Beef Broccoli	Chicken Fajita W/ Rice	Beef Meatballs	Chicken & Potatoes
		Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice
		Steamed Corn	Served W/brown rice	Steamed Carrots	Fresh Carrot slims
		Fruit of the day	Black beans	Fruit of the day	Fruit of the day
Choice of Milk	Choice of Milk	Fruit of the day and Choice Milk	Corn Chips & Choice Milk	Choice milk	
Hot Lunch	Monday, February 23, 2026	Tuesday, February 24, 2026	Wednesday, February 25, 2026	Thursday, February 26, 2026	Friday, February 27, 2026
	Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	Beef Taco Meat over Rice
	Steamed Rice	Steamed Rice	Fresh Broccoli	Steamed Rice	Serve SeasonedBeef on Brown Rice
	Steamed Green Beans	Steamed Green Beans	Fruit of the day	Baby Carrots	Steamed Black Beans & Corn
	Fruit of the day	Fruit of the day	Choice of Milk	Fruit of the day	Fruit of the day & Corn Chips
Choice of Milk	Choice Milk		Choice of Milk at Checkout	Choice of Milk	
Hot Lunch	What is a healthy portion size of meat according to the USDA?		The USDA promotes portion control through the MyPlate guidelines,		
	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.		which recommend making half your plate fruits and vegetables.		
			It also emphasizes controlling portions at restaurants, reading food		
			for serving sizes, and using measuring cups and serving utensils		
to ensure consistent and appropriate amounts.					