

This institution is an equal opportunity provider

Menu Name : Great Oaks Academy Allergen (School of Grammar K-5th 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		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. It					
	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.										