

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