



**Menu Subject to Change Without Notice**

**USDA is an equal opportunity provider and employer.**





# Watson Institute/Friendship Academy

## LUNCH FEB. 2025-26



Monday 2/2/26	Tuesday 2/3/26	Wednesday 2/4/26	Thursday 2/5/26	Friday 2/6/26
Salisbury Steak w/gravy WG Dinner Roll or Mini Ravioli Dinner Roll  <b>Featured Veggies:</b> Steamed Broccoli Mashed Potatoes Fresh Melon/Raisina Choice of Milk	Turkey Hot Dog w/Ketchup on a WG Bun or Cheese Steak on a WG Bun  <b>Featured Veggies:</b> Sweet Potato Tots Green Beans 100% juice/Orange Choice of Milk	3 Beef Tacos w/Salsa  or Cheese Pizza  <b>Featured Veggies:</b> Black Beans Corn 100% juice/Mixed Fruit Choice of Milk	Max Sticks Marinara or Garlic Toast Meatball Melt  <b>Featured Veggies:</b> Cooked Carrots Side Salad w/Dressing Grapes Choice of Milk	Turkey and Cheese Hoagie or Chicken Tenders with WG Dinner Roll  <b>Featured Veggies:</b> Fresh Baby Carrots Curly Fries Applesauce/Banana Choice of Milk
2/9/26	2/10/26	2/11/26	2/12/26	2/13/26
Mini Cheese Ravioli w/Tomato Sauce or Popcorn Chicken w/WG Dinner Roll  <b>Featured Veggies:</b> Side Salad w/dressing Cauliflower Diced Pears/Raisins Choice of Milk	Chicken Patty on a WG Bun or Hamburger on a WG Bun  <b>Featured Veggies:</b> French Fries w/Ketchup Baked Beans 100% juice/Orange Choice of Milk	Meatloaf w/Gravy WG Dinner Roll or Chicken Nuggets  <b>Featured Veggies:</b> Sweet Potatoes Beets 100% juice/Orange Choice of Milk	WG Pizza Bagels  or WG Penne w/Meatsauce  <b>Featured Veggies:</b> Steamed Carrots Green Beans Mixed Fruit/Banana Choice of Milk	Popcorn Chicken w/Sweet and Sour Sauce Brown Rice or Cheese Pizza  <b>Featured Veggies:</b> Steamed Broccoli Red Pepper Strips Banana/Raisins Choice of Milk
2/16/26	2/17/26	2/18/26	2/19/26	2/20/26
<b>NO SCHOOL</b>  <b>PRESIDENT'S DAY</b>	WG French Toast Sticks Syrup Turkey Sausage or Breakfast Burrito  <b>Featured Veggies:</b> Hashbrown Patty Celery Sticks Fresh Melon Choice of Milk	Cheese Pizza  or Tuna Salad Wrap  <b>Featured Veggies:</b> Steamed Broccoli Steamed Carrots 100% juice/Applesauce Choice of Milk	Chicken Tenders w/Honey Mustard or Sloppy Joe on a WG Bun  <b>Featured Veggies:</b> Baked Beans Red Pepper Strips Orange Choice of Milk	WG Penne w/Meat Sauce  or BBQ Rib on a WG Bun  <b>Featured Veggies:</b> Side Salad w/Dressing Green Beans Mixed Fruit/Orange Choice of Milk
2/23/26	2/24/26	2/25/26	2/26/26	2/27/26
Salisbury Steak w/gravy WG Dinner Roll or Mini Ravioli Dinner Roll  <b>Featured Veggies:</b> Steamed Broccoli Mashed Potatoes Fresh Melon/Raisins Choice of Milk	Turkey Hot Dog w/Ketchup on a WG Bun or Cheese Steak on a WG Bun  <b>Featured Veggies:</b> Sweet Potato Tots Green Beans 100% Juice/Orange Choice of Milk	3 Beef Tacos w/Salsa  or Cheese Pizza  <b>Featured Veggies:</b> Black Beans Corn 100% Juice/Mixed Fruit Choice of Milk	Max Sticks Marinara or Garlic Toast Meatball Melt  <b>Featured Veggies:</b> Cooked Carrots Side Salad w/Dressing Grapes Choice of Milk	Turkey and Cheese Hoagie or Chicken Tenders with WG Dinner Roll  <b>Featured Veggies:</b> Fresh Baby Carrots Curly Fries Applesauce/Banana Choice of Milk



**Weekly Vegetable Subgroups May Include:**  
 Dark Green - spinach, broccoli, romaine and spring salad  
 Red/Orange - carrots, sweet potatoes, tomatoes and red peppers  
 Legumes - beans and peas  
 Starchy - potatoes, corn, peas and lima beans  
 Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

**Daily Fruit Selections May Include:**  
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

**Menu Subject to Change Without Notice**

**USDA is an equal opportunity provider and employer.**