

# February Gluten Free Breakfast Menu



## Eagle Academy Public Charter School

Congress Heights  
Capitol Riverfront



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1  Professional Development Day  No School
4 <b>Gluten Free Waffles with Syrup</b> Fresh Pear Skim or 1% Milk	5 Scrambled Egg & Cheese on <b>Gluten Free Toast</b> Fresh Apple Skim or 1% Milk	6 Assorted Cereal Yogurt Banana Skim or 1% Milk	7 Turkey Sausage & Egg on <b>Gluten Free Toast</b> Fresh Orange Wedges Skim or 1% Milk	8 <b>Assorted Cereal Cheese Stick</b> Fresh Honeydew Wedge Skim or 1% Milk
11 <b>Assorted Cereal Cheese Stick</b> Fresh Pear Skim or 1% Milk	12 Chilaquiles <b>Gluten Free Tortilla</b> Fresh Apple Skim or 1% Milk	13 <b>Gluten Free Oatmeal</b> with Dried Cranberries & Raisins Banana Skim or 1% Milk	14 <b>Gluten Free Waffles with Syrup</b> Fresh Orange Wedges Skim or 1% Milk	15 <b>Assorted Cereal Cheese Stick</b> Fresh Honeydew Wedge Skim or 1% Milk
18  Mid-Winter Break  No School	19  Mid-Winter Break  No School	20  Mid-Winter Break  No School	21  Mid-Winter Break  No School	22  Mid-Winter Break  No School
25 Assorted Cereal Yogurt Fresh Pear Skim or 1% Milk	26 <b>Gluten Free Waffles with Syrup</b> Fresh Apple Skim or 1% Milk	27 <b>Gluten Free Oatmeal</b> with Dried Cranberries & Raisins Banana Skim or 1% Milk	28 Broccoli & Cheddar Egg Bake <b>Gluten Free Toast</b> Fresh Orange Wedges Skim or 1% Milk	

Homemade, healthy food made with love.

# February Gluten Free Lunch Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> <b>Professional Development Day</b>  <b>No School</b>
<b>4</b> Grilled Cheese Sandwich <b>on Gluten Free Bread</b> Tomato Soup Steamed Broccoli Fresh Honeydew Wedge Milk Variety	<b>5</b> Hard Shell Beef & Cheese Tacos Steamed Corn Pinto Beans Fresh Pear Milk Variety	<b>6</b> Cajun Chicken Louisiana Brown Rice Red Beans Mixed Greens Salad Fresh Apple Milk Variety	<b>7</b> Oven Roasted Turkey <b>Gluten Free Bread</b> Mashed Sweet Potatoes Sautéed Green Beans Fresh Banana Milk Variety	<b>8</b> <b>BBQ Tofu Gluten Free Bread</b> Braised Cabbage Steamed Sweet Peas Orange Wedges Milk Variety
<b>11</b> <b>Veggie Burger on Gluten Free Bread</b> Stewed Lentils Mixed Greens Salad Fresh Honeydew Wedge Milk Variety	<b>12</b> Chicken Fajitas in a <b>Gluten Free Tortilla</b> Spanish Rice Sweet Plantains Peppers & Onions Fresh Pear Milk Variety	<b>13</b> Oven Roasted Meatloaf <b>Gluten Free Bread</b> Sautéed Collard Greens Mashed Potatoes Fresh Apple Milk Variety	<b>14</b> Cantonese Roast Chicken Fried Brown Rice ( <b>no soy sauce</b> ) Steamed Ginger Carrots Sautéed Broccoli Fresh Banana Milk Variety	<b>15</b> All Beef Cheeseburger <b>on Gluten Free Bread</b> Baked Beans Roasted Sweet Potatoes Orange Wedges Milk Variety
<b>18</b>  <b>Mid-Winter Break</b>  <b>No School</b>	<b>19</b>  <b>Mid-Winter Break</b>  <b>No School</b>	<b>20</b>  <b>Mid-Winter Break</b>  <b>No School</b>	<b>21</b>  <b>Mid-Winter Break</b>  <b>No School</b>	<b>22</b>  <b>Mid-Winter Break</b>  <b>No School</b>
<b>25</b> <b>Grilled Cheese on Whole Wheat Bread</b> Mixed Greens Salad with Diced Tomatoes Fresh Honeydew Wedge Milk Variety	<b>26</b> <b>Veggie Burger on Gluten Free Bread</b> Steamed Broccoli Sautéed Zucchini & Peas Fresh Pear Milk Variety	<b>27</b> <b>Turkey &amp; Cheese on Whole Wheat Bread</b> Roasted Yukon Gold Potatoes Sautéed Green Beans Fresh Apple Milk Variety	<b>28</b> Curried Chicken Brown Rice Roasted Chickpeas Steamed Cauliflower Fresh Banana Milk Variety	

# February Gluten Free Supper Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> <b>Professional Development Day</b>  <b>No School</b>
<b>4</b> Caesar Salad w/ Mozzarella and Chickpeas over Mixed Greens <b>Gluten Free Bread</b> Apple Juice Milk Variety	<b>5</b> Tuna Salad <b>Gluten Free Crackers</b> Sliced Cucumbers Fresh Honeydew Wedge Milk Variety	<b>6</b> Lemon Pepper Chicken <b>Gluten Free Bread</b> Steamed Corn Fresh Pear Milk Variety	<b>7</b> Turkey Ham & Cheese on <b>Gluten Free Bread</b> Three Bean Salad Applesauce Milk Variety	<b>8</b> All Beef Burger on <b>Gluten Free Bread</b> Steamed Broccoli Fresh Banana Milk Variety
<b>11</b> Chef Salad w/ Turkey & Cheddar over Mixed Greens <b>Gluten Free Bread</b> Apple Juice Milk Variety	<b>12</b> BBQ Chicken on <b>Gluten Free Bread</b> Steamed Broccoli Fresh Honeydew Wedge Milk Variety	<b>13</b> Roasted Chicken Drumstick <b>Gluten Free Crackers</b> Roasted Cauliflower Fresh Pear Milk Variety	<b>14</b> Salisbury Steak <b>Gluten Free Bread</b> Roasted Yukon Gold Potatoes Applesauce Milk Variety	<b>15</b> <b>Herb Roasted Chicken (no soy sauce)</b> <b>Fried Brown Rice (no soy sauce)</b> Sautéed Green Beans Fresh Banana Milk Variety
<b>18</b>  <b>Mid-Winter Break</b>  <b>No School</b>	<b>19</b>  <b>Mid-Winter Break</b>  <b>No School</b>	<b>20</b>  <b>Mid-Winter Break</b>  <b>No School</b>	<b>21</b>  <b>Mid-Winter Break</b>  <b>No School</b>	<b>22</b>  <b>Mid-Winter Break</b>  <b>No School</b>
<b>25</b> Chicken Nuggets <b>Gluten Free Bread</b> Braised Collard Greens Apple Juice Milk Variety	<b>26</b> Tuna Salad on <b>Gluten Free Bread</b> Mixed Greens Salad Fresh Honeydew Wedge Milk Variety	<b>27</b> Jerk Chicken Brown Rice Sweet Plantains Fresh Pear Milk Variety	<b>28</b> Sunbutter Cup <b>Gluten Free Crackers</b> Zucchini Sticks Applesauce Milk Variety	

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