



WHAT'S ON THE MENU?

MARITIME ACADEMY: FEBRUARY BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 2/3 Whole Grain Cereal Honey Graham Crackers Sliced Fresh Apple Applesauce Cups	Whole Grain French Toast Sticks Orange Juice Pineapple Tidbits	Scrambled Eggs Turkey Sausage links Fresh Baked Biscuit Fresh Apples Mandarin Oranges	Cheese Omelet Crispy Hashbrowns Orange Wedges Chilled Pears	Oatmeal w/Chocolate Chips Apple Juice Sliced Bananas
Week 2 2/10 Maple Battered Turkey Pancake Wraps Sliced Fresh Apple Applesauce Cups	Warm Strawberry Cream Cheese Bagels Orange Juice Pineapple Tidbits	Rainbow Yogurt Bug Bites Cinnamon Graham Crackers Fresh Apples Mandarin Oranges	Colby Cheese Cubes Mixed Fresh Fruit Platter Orange Wedges Chilled Pears	Brown Sugar Oatmeal Turkey Sausage Links Apple Juice Sliced Bananas
Week 3 2/17 Breakfast Sausage Pizza Sliced Fresh Apple Applesauce Cups	Whole Grain Eggo Eggoji Waffles Orange Juice Pineapple Tidbits	Whole Grain Buttermilk Pancakes Turkey Sausage Links Fresh Apples Mandarin Oranges	Egg & Cheese Biscuit Sandwich Orange Wedges Chilled Pears	Oatmeal with Cinnamon & Sliced Bananas Apple Juice Sliced Bananas
Week 4 2/24 Raspberry Yogurt Waffle Graham Crackers Sliced Fresh Apple Applesauce Cups	Whole Grain Pancake Bites Scrambled Eggs Orange Juice Pineapple Tidbits	Chicken Sausage & Egg English Muffin Fresh Apples Mandarin Oranges	Whole Grain Maple Flavored Pancakes Orange Wedges Chilled Pears	Southern Grits Shrimp *Seafood Allergy* Apple Juice Sliced Bananas
		Daily Alternates		
Whole Grain Apple Cinnamon Muffin String Cheese	Whole Grain Blueberry Muffin String Cheese	Whole Grain Apple Cinnamon Muffin String Cheese	Whole Grain Banana Muffin String Cheese	Whole Grain Blueberry Muffin String Cheese

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate.





WHAT'S ON THE MENU?

MARITIME ACADEMY: FEBRUARY LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 2/3 Classic Cheeseburger Seasoned Mixed Vegetables	Spaghetti & Turkey Meatballs Romaine Side Salad	Salisbury Steak W/ Gravy Whole Grain Yeast Roll Seasoned Mashed Potatoes	Classic Cheese Pizza Spring Mix Salad	Breaded Chicken Drumsticks Southern Green Beans Macaroni & Cheese
Week 2 2/10 Turkey Corn Dogs Potato Wedges	Nacho & Cheese Rice Pilaf Honey Baked Beans	Popcorn Chicken Bowl w/ Mashed Potatoes Seasoned Corn	Beef Ravioli Sweet Cornbread	Rotisserie Seasoned Chicken Drumsticks Sweet Potatoes Collard Greens
Week 3 2/17 Chicken Penna Pasta Garlic Bread Sticks Chef Salad	Soft Shell Turkey Tacos Shredded Lettuce Shredded Cheese	Pepperoni Pizza Fresh Dinner Roll Pasta Salad	Chicken Tenders Seasoned Peas & Carrots	Breaded Chicken Wings Country Fried Corn
Week 4 2/24 Crispy Fish Shaped Nuggets Seasoned Curly Fries *Seafood Allergy* Dinner Roll	Chicken & Cheese Quesadilla Seasoned Steamed Broccoli	Grilled Cheese Tomato Soup	Beef Burritos Rice Pilaf	Crispy Chicken Sandwich Curly Fries
Daily Alternates				
Uncrustable PB & J Sandwich	Uncrustable PB & J Sandwich	Uncrustable PB & J Sandwich	Uncrustable PB & J Sandwich	Uncrustable PB & J Sandwich
Fresh Fruit and Vegetable Bar (Available Daily)				
Fresh Broccoli Fresh Apple Pineapple Tidbits	Fresh Baby Carrots Fresh Pear Chilled Peaches	Fresh Celery Sticks Fresh Orange Wedges Chilled Fruit Cocktail	Fresh Baby Carrots Fresh Grapes Applesauce Cups	Fresh Cherry Tomatoes Craisin Chilled Pears

