

FEBRUARY 2023

Teaneck Charter School

LUNCH



School Information:

All orders must be placed online at www.payforit.net
Order Deadline is Thursday, 1/26. Sorry, No Exceptions!



February is American Heart Month. Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Chicken Nuggets **1**
Corn
Mashed Potatoes
Juice
Milk

No Meal

~~-Pizza **3**
-Ziti
-Turkey Sandwich~~

Cheese Ravioli **6**
Mixed Vegetables
Dinner Roll
Juice
Milk

Hamburger **7**
Roasted Potatoes
WW Bun
Juice
Milk

BBQ Chicken **8**
Corn
Potato Salad
Juice
Milk

Chicken Nuggets **9**
Green Beans
Mac & Cheese
Juice
Milk

~~-Pizza **10**
-Ziti
-Turkey Sandwich~~

Chicken Stir Fry **13**
Stir Fry Vegetables
Brown Rice
Juice
Milk

Valentine's Day **14**
Penne Pasta w/ Marinara
Meatballs
Mixed Vegetables
Milk/Juice

Turkey Burger **15**
Coleslaw
WW Burger Bun
Milk
Juice

Chicken Nuggets **16**
Corn
Mac & Cheese
Juice
Milk

~~-Pizza **17**
-Ziti
-Turkey Sandwich~~

Presidents' Day **20**
No Meal

No Meal **21**

/ No Meal **22**

No Meal **23**

~~**No Meal** **24**~~

Chicken Alfredo **27**
Pasta Alfredo
Peas
Juice
Milk

Beef Taco (Soft Shell) **28**
Corn
Rice
Juice
Milk



Weekly Schedule of Alternative Lunch Options

January 30th-February 3rd

<i>Turkey & Cheese Sandwich</i>
<i>Caesar Salad</i>
<i>Vegan Chicken Tenders & Mixed Vegetables</i>

February 6th-10th

<i>Turkey & Cheese Sandwich</i>
<i>Caesar Salad</i>
<i>Vegan Meatballs with Pasta</i>

February 13th-17th

<i>Turkey & Cheese Sandwich</i>
<i>Caesar Salad</i>
<i>Vegan Chicken Tenders & Mixed Vegetables</i>

February 20th-24th (NO SCHOOL)

February 27th-March 3rd

<i>Turkey & Cheese Sandwich</i>
<i>Caesar Salad</i>
<i>Vegan Meatballs with Pasta</i>