

# What's on the Menu?

February 2024

## Segue Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
5 Bacon, Egg, & Cheese on a Biscuit	6 Egg & Cheese on an English Muffin	7 Pancakes Breakfast Syrup	1 Strawberry Breakfast Yogurt Parfait with Granola	2 Egg, & Cheese on a Bagel
12 Turkey Ham, Egg, & Cheese on a Bagel	13 Pancakes Warm Apple slices Breakfast Syrup	14 Egg & Cheese on an English Muffin	8 Blueberry Smoothie Blueberry Muffin	9 Ham, Egg, & Cheese on an English Muffin
19 			15 Very Berry Breakfast Yogurt Parfait with Granola	16 Egg & Cheese Wrap
26 Egg & Cheese on an English Muffin	27 French Toast Cinnamon Bananas Breakfast Syrup	28 Breakfast Burrito Ham, Egg & Cheese	22 	23 
			29 Strawberry Breakfast Yogurt Parfait with Granola	

Daily Offerings
<ul style="list-style-type: none"> <li>Assorted Cereals</li> <li>Assorted Shribark Muffins</li> <li>Bagels</li> <li>Fresh Fruit, Chilled Fruit</li> <li>Craisins, Raisins</li> <li>100% Fruit Juice</li> <li>1% Low Fat Milk</li> <li>Fat Free Chocolate Milk</li> </ul>

Bring on Breakfast adds excitement to the beginning of the school day by offering delicious food that fuels the day.

Full menus available on Nutrislice!

**chartwells**  
serving up happy & healthy

This institution is an equal opportunity provider.

Vegetarian Locally Grown

Meal prices: \$X.XX Lunch, \$X.XX etc.  
All meals served with milk, chocolate milk or 100% fruit juice

# What's on the Menu?

February 2024

## Segue Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Daily Offerings
	Check out the ExtraExtra Bar for SMART Snacking ideas!		1 Cheese Quesadilla Mexican Street Corn	2 Beef Tacos Fresh Pico de Gallo Gotham Greens Narragansett Cheese Guac Sour Cream	 Cheese & Pepperoni Pizza Specialty Pizza   Cheeseburgers, Chicken Patty, Spicy Chicken Patty, Chicken Nuggets or Tenders Baked Fries   A Variety of Fruit, Vegetables, or Salads (Fresh, Local, or Canned)   Sandwiches, Wraps, Salads, Yogurt Parfaits, and Smoothies   Veggie Burgers, Grilled Cheese, Roasted Veggie Wrap
5 Local Narragansett Creamery Triple Grilled Cheese Creamy Tomato Soup	6 General Tso Chicken Seasoned Brown Rice Roasted Green Beans	7 Pasta Bar Italian inspired Meat Sauce, Alfredo Sauce, Diced Chicken Shredded Mozzarella, Roasted Broccoli	8 Cheesy Chicken & Rice Casserole Roasted Baby Carrots	9 Burger Bar Assorted Cheeses, Lettuce, Tomatoes, Onions, Pickles Local Sauteed Mushrooms Roasted Local Potatoes	
12 Buffalo Chicken Flatbread Roasted Zucchini & Squash	13 Homemade Beef Lasagna Roasted Green Beans Garlic Bread	Valentine's Day 14 Pancake Day Pancakes Warm Blueberry Compote Chicken Sausage Patties	15 Beef Nachos Fresh Pico de Gallo Gotham Greens Narragansett Cheese Guac Sour Cream	16 Local Baked Potato Bar Roasted Broccoli, Local Narragansett Creamery Cheddar Crumbled Bacon Sour Cream	
19 	 <b>Winter Break</b>		22 	23 	
26 Toasted Chicken Fajita Wrap Roasted Buffalo Cauliflower	27 Pork Enchiladas Mexican Style Corn	 28 Pesto, Salami & Ham Flatbread Italian-inspired Herb Roasted Local Potatoes	Celebrate Leap Year 29 Crispy Chicken Bowl Mashed Potatoes Corn Cheddar Cheese Gravy		

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All meals served with 1% Milk or Non-fat Chocolate Milk



## Supper Menu - Feb. 2024

			1 Buffalo Popcorn Chicken Wrap Broccoli Orange Milk	2 BBQ Chicken Wrap Baby Carrots Apple Milk
5 Chicken Caesar Wrap Celery Sticks Grapes Milk	6 Turkey, Apple, & Swiss Sub Grape Tomatoes Juice Milk	7 Chicken Club Sandwich Cucumbers Fruit Cocktail Milk	8 Egg Salad Sandwich Buffalo Cauliflower Pear Milk	9 Buffalo Chicken Wrap Baby Carrots Apple Milk
12 Chicken Salad Sandwich Three Bean Salad Honeydew Melon Milk	13 Turkey, Apple, & Swiss Sub Grape Tomatoes Juice Milk	14 Tuna Salad Sandwich Cucumbers Apple Milk	15 Buffalo Popcorn Chicken Wrap Broccoli Orange Milk	16 BBQ Chicken Wrap Baby Carrots Apple Milk
19	20	21	22	23
				
26 Chicken Salad Sandwich Three Bean Salad Honeydew Melon Milk	27 Turkey, Apple, & Swiss Sub Grape Tomatoes Juice Milk	28 Tuna Salad Sandwich Cucumbers Apple Milk	29 Buffalo Popcorn Chicken Wrap Broccoli Orange Milk	

Any questions,  
please contact  
the Director of  
Dining Services,  
or at @copass-  
usa.com



All items are made with whole grains.  
All meals are served with a variety of fruits and vegetables, local when available.  
All meals are served with milk (1% low fat white or fat free chocolate).  
Menu is subject to change.  
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