



February 2021 NOLA Regional Menu

LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken & Okra Gumbo Brown Rice (1/2 cup) Assorted Fruit Skim/1% Milk	2 Turkey Bean Chili Brown Rice (1/2 cup) Assorted Fruit Skim/1% Milk	3 Chicken Tenders Steamed Corn (1/2 cup) Assorted Fruit Skim/1% Milk	4 Turkey Meatloaf Brown Rice (1/2 cup) Lemony Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk	5 Chicken Fajita Bowl Brown Rice (1/2 cup) Assorted Fruit Skim/1% Milk
8 Beans & Rice with Chicken & Sausage Brown Rice (1/2 cup) Assorted Fruit Skim/1% Milk	9 Sweet Potato Red Bean Chili Brown Rice (1/2 cup) Assorted Fruit Skim/1% Milk	10 Teriyaki Chicken Brown Rice (1/2 cup) Assorted Fruit Skim/1% Milk	11 Chipotle Chicken Sandwich Lemony Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk	12 Spaghetti with Turkey Bolognese Assorted Fruit Skim/1% Milk
15 Turkey Bean Chili Brown Rice (1/2 cup) Assorted Fruit Skim/1% Milk	16 Chicken Tenders Steamed Corn (1/2 cup) Assorted Fruit Skim/1% Milk	17 Turkey Meatloaf Brown Rice (1/2 cup) Lemony Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk	18 Chicken Fajita Bowl Brown Rice (1/2 cup) Assorted Fruit Skim/1% Milk	19 Chicken & Okra Gumbo Brown Rice (1/2 cup) Assorted Fruit Skim/1% Milk
22 Sweet Potato Red Bean Chili Brown Rice (1/2 cup) Assorted Fruit Skim/1% Milk	23 Teriyaki Chicken Brown Rice (1/2 cup) Assorted Fruit Skim/1% Milk	24 Chipotle Chicken Sandwich Lemony Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk	25 Spaghetti with Turkey Bolognese Assorted Fruit Skim/1% Milk	26 Beans & Rice with Chicken & Sausage Brown Rice (1/2 cup) Assorted Fruit Skim/1% Milk

This institution is an equal opportunity provider.

NOTE: Menu subject to change