

February 2021 HOPE Community School SFSP K-12 Distant Learners' Take Home Bundle Meals

	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6	Sunday 7
Lunch	Chicken Leg Brown Rice	Chicken Leg Brown Rice	Make Pho Meatballs, Noodles & Giant Cinnamon Goldfish	Make Pho Meatballs, Noodles & Giant Cinnamon Goldfish	Make Pho Meatballs, Noodles & Giant Cinnamon Goldfish	Make Pho Meatballs, Noodles & Giant Cinnamon Goldfish	Make Pho Meatballs, Noodles & Giant Cinnamon Goldfish
Veg Lunch Option	Cheese Bun	Yogurt Cup, Cheese Stick Honey Bun	Wow Butter Cup, Chz Stick WG Bagel	Cheese Sandwich on Wheat Bread	Yogurt Cup, Cheese Stick 2 oz Muffin	*New* Wrapped Chz Omelette Cinnamon Grahams	Wow Butter Cup, Chz Stick WG Bagel
All Lunches Receive	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)
Breakfast	Cereal Bowl (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	WG Pancakes (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Mini Cinnis (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	WG Apple Donut (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Cereal Bowl (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Mini Waffle Bag (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	WG Pancakes (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)
Week I							
Lunch	Make Pho Meatballs, Noodles & Giant Cinnamon Goldfish	Make Pho Meatballs, Noodles & Giant Cinnamon Goldfish	Chicken Wings Brown Rice	Chicken Wings Brown Rice	Chicken Wings Brown Rice & 1/2 Cup Fruit	Chicken Wings Brown Rice	Chicken Wings Brown Rice
Veg Lunch Option	Yogurt, Cheese Cubes Stuffed Crm Chz Bagel	Cheese Cup, Corn Chips String Cheese	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Sunseed & Amazin Raisins Pack w/ Cheese Stick, Cheezits *Fruit for veg lunch is raisins in sunseed pack	Cheese Cup, Corn Chips String Cheese	Cheese Bun
All Lunches Receive	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)
Breakfast	Pop Tart (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	*New* Strawberry Boli (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Cereal Bowl (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Honey Bun (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	2 oz Brkfst Bread (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Corn Muffin (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	WG Apple Donut (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)
Week II							
Lunch	Chicken Wings Brown Rice	Chicken Wings Brown Rice	Make Khaub Poon Chix & Noodles & Elf Grahams	Make Khaub Poon Chix & Noodles & Elf Grahams	Make Khaub Poon Chix & Noodles & Elf Grahams	Make Khaub Poon Chix & Noodles & Elf Grahams	Make Khaub Poon Chix & Noodles & Elf Grahams
Veg Lunch Option	Cheese Bun Nacho Chz Doritos	Yogurt Cup, Cheese Stick Honey Bun	Wow Butter Cup, Chz Stick WG Bagel	Cheese Sandwich on Wheat Bread	Cheesy Pullapart Bread	Yogurt Cup, Cheese Stick Honey Bun	Wow Butter Cup, Chz Stick WG Bagel
All Lunches Receive	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)
Breakfast	Assorted Muffin (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	WG Pancakes (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	BC Cinnamon Roll (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Pop Tart (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Cereal Bowl (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Maple Snackin Waffle (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	WG Pancakes (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)
Week III							
Lunch	Make Khaub Poon Chix & Noodles & Elf Grahams	Make Khaub Poon Chix & Noodles & Elf Grahams	Make Bean Thread Noodle Beef, Bean Thrd Noodle & Chips	Make Bean Thread Noodle Beef, Bean Thrd Noodle & Chips	Make Bean Thread Noodle Beef, Bean Thrd Noodle & Chips	Make Bean Thread Noodle Beef, Bean Thrd Noodle & Chips	Make Bean Thread Noodle Beef, Bean Thrd Noodle & Chips
Veg Lunch Option	Yogurt, Cheese Cubes Stuffed Crm Chz Bagel	Cheese Cup, Corn Chips String Cheese	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	*New* Wrapped Chz Omelette 2 oz Muffin	Yogurt Cup, Cheese Stick Honey Bun	Wow Butter Cup, Chz Stick WG Bagel
All Lunches Receive	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)
Breakfast	*New* Strawberry Boli (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Corn Muffin (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	WG Apple Donut (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Mini Cinnis (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Cereal Bowl (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Mini Waffle Bag (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	BC Cinnamon Roll (1 item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)
Week IV							

Instructions for packing the bundled Meals

* Second Item in breakfast bundle could be anyone of the following: Applesauce, Craisins, Cheese Stick, Cereal Bar or Cereal Bowl (all options are 1 item each)

****Please Pack Red Print Items for BREAKFAST / LUNCH / SNACK / DINNER in one bag for Refrigeration. Attach Refrigeration Label to Bag.

****Please Pack All Black Ink Items in one bag (These are all Shelf Stable)

5 Shades of Nutrition

Green	Red	Yellow/Orange	White/Brown	Blue/Violet
Green foods are rich in phytochemicals (lutein & indoles) and offer plenty of fiber. Leafy green vegetables are loaded with anti-oxidants and folates.	Red is a color associated with heart. Lycopene, a phytochemical that gives the red color to food, helps to prevent heart ailments and keeps the arteries healthy.	Yellow/Orange foods pack betacarotene, Vitamin A and Vitamin C. Collectively, these nutrients promote healthy vision, cell growth and immune system.	These foods pack colorless phytonutrients. Onions and Garlic have great anti-inflammatory properties. Mushrooms boost immunity, with Selenium.	These darker color foods contain anthocyanin, a flavonoid that fights cell damage. They also come with vitamin E & C, thus promoting bone health and memory.
Romaine Lettuce Kale Spinach Broccoli Okra Mint	Beets Tomatoes Red Pepper Watermelon Cranberries Cinnamon	Carrots Lemons Pineapple Peaches Ginger Turmeric	Cauliflower Onion/Shallots/Garlic Dates Mushroom Coconut Fennel	Blueberries Plums/Prunes Egg Plant Purple Cabbage Purple Grapes Black Olives

March 2021 Menu (Subject to Change)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Make Bean Thread Noodle Beef, Bean Thrd Noodle & Chips	Make Bean Thread Noodle Beef, Bean Thrd Noodle & Chips	Baked Pork Brown Rice	Baked Pork Brown Rice	Baked Pork Brown Rice	Baked Pork Brown Rice	Baked Pork Brown Rice
Veg Lunch Option	Cheese Bun Cool Ranch Doritos	Yogurt Cup, Cheese Stick Honey Bun	Wow Butter Cup, Chz Stick WG Bagel	Cheese Sandwich on Wheat Bread	Yogurt Cup, Cheese Stick Strawberry Boli	Cheese Cup, Corn Chips String Cheese	Cheese Bun
All Lunches Receive	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)
Breakfast	2 oz Assorted Breakfast Bread (1 item) 100% 4oz Juice & Second Item * (1 Item each)	WG Pancakes (1 Item) 100% 4oz Juice & Second Item * (1 Item each)	Pop Tart (1 item) 100% 4oz Juice & Second Item * (1 Item each)	*New* Strawberry Boli(1 item) 100% 4oz Juice & Second Item * (1 Item each)	Cereal Bowl (1 item) 100% 4oz Juice & Second Item * (1 Item each)	WG Apple Donut (1 item) 100% 4oz Juice & Second Item * (1 Item each)	WG Pancakes (1 Item) 100% 4oz Juice & Second Item * (1 Item each)
Week V	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)
Lunch	Baked Pork Brown Rice	Baked Pork Brown Rice	Chicken Leg Brown Rice	Chicken Leg Brown Rice	Chicken Leg Brown Rice	Chicken Leg Brown Rice	Chicken Leg Brown Rice
Veg Lunch Option	Yogurt, Cheese Cubes Stuffed Crm Chz Bagel	Cheese Cup, Corn Chips String Cheese	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Cheesy Pullapart Bread	Yogurt Cup, Cheese Stick Honey Bun	Wow Butter Cup, Chz Stick WG Bagel
All Lunches Receive	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)
Breakfast	1.5 oz Breakfast Brekkie (1 item) 100% 4oz Juice & Second Item * (1 Item each)	Honey Bun (1 item) 100% 4oz Juice & Second Item * (1 Item each)	Assorted Muffin (1 item) 100% 4oz Juice & Second Item * (1 Item each)	Stuffed Cream Cheese Bagel (1 item) 100% 4oz Juice & Second Item * (1 Item each)	Buttery Maple Waffle (1 item) 100% 4oz Juice & Second Item * (1 Item each)	2 oz Assorted Breakfast Bread (1 item) 100% 4oz Juice & Second Item * (1 Item each)	Cereal Bar (1 Item) 100% 4oz Juice & Second Item * (1 Item each)
Week VI	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)

*Skim and 1% milk choices offered daily.
*All Bread/Chips/Tortillas listed in the menu are whole-grain products.