## Capstone Classical Academy

### February Lunch Menu 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>February-3</td>
<td>February-4</td>
<td>February-5</td>
<td>February-6</td>
<td>February-7</td>
</tr>
<tr>
<td>• Meatball Sub</td>
<td>• Cheese Enchiladas</td>
<td>• Chicken Fried Steak w/Gravy</td>
<td>• Mashed Potato Bowl</td>
<td>• Pizza</td>
</tr>
<tr>
<td>• Vegetable</td>
<td>• Refried Beans</td>
<td>• Baked Potato</td>
<td>• Vegetable</td>
<td>• Vegetable</td>
</tr>
<tr>
<td>• Fresh Fruit</td>
<td>• Spanish rice</td>
<td>• Vegetable</td>
<td>• Fresh Fruit</td>
<td>• Fresh Fruit</td>
</tr>
<tr>
<td>• Chips</td>
<td>• Vegetable</td>
<td>• Fresh Fruit</td>
<td>• Dinner Roll</td>
<td>• Breadstick</td>
</tr>
<tr>
<td>• Milk-variety</td>
<td>• Milk-variety</td>
<td>• Milk-variety</td>
<td>• Milk-variety</td>
<td>• Milk-variety</td>
</tr>
<tr>
<td>• Juice-variety</td>
<td>• Juice-variety</td>
<td>• Juice-variety</td>
<td>• Juice-variety</td>
<td>• Juice-variety</td>
</tr>
</tbody>
</table>

<p>| February-10     | February-11     | February-12                | February-13               | February-14          |
| • Orange Chicken w/Rice | • Taco in a Bag | • Chicken Parmesan        | • Chili w/cheese          | NO SCHOOL            |
| • Vegetable     | • Black Beans   | • Vegetable                | • Vegetable               |                      |
| • Fresh Fruit   | • Vegetable     | • Fresh Fruit              | • Fresh Fruit             |                      |
| • Dinner roll   | • Fresh Fruit   | • Baked Potato             | • Baked Potato            |                      |
| • Milk-variety  | • Spanish Rice  | • Breadstick               | • Breadstick              |                      |
| • Juice-variety | • Milk-variety  | • Milk-variety             | • Milk-variety            |                      |
|                 | • Juice-variety | • Juice-variety            | • Juice-variety           |                      |</p>
<table>
<thead>
<tr>
<th>Date</th>
<th>Menu Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>February-17</td>
<td>NO SCHOOL</td>
</tr>
</tbody>
</table>
| February-18| • Bean & Cheese Burrito  
                    • Black Beans  
                    • Vegetable  
                    • Fresh Fruit  
                    • Spanish Rice  
                    • Milk-variety  
                    • Juice-variety |
| February-19| • Popcorn Chicken  
                    • Vegetable  
                    • Fresh Fruit  
                    • String Cheese  
                    • French Fries  
                    • Milk-variety  
                    • Juice-variety |
| February-20| • Cheese Breadsticks w/ Marinara sauce  
                    • Vegetable  
                    • Fresh Fruit  
                    • Cheese stick  
                    • Milk-variety  
                    • Juice-variety |
| February-21| • Pizza  
                    • Vegetable  
                    • Fresh Fruit  
                    • Milk-variety  
                    • Juice-variety |
| February-22| • Lasagna Roll ups  
                    • Vegetable  
                    • Fresh Fruit  
                    • Breadstick  
                    • Milk-variety  
                    • Juice-variety |
| February-23| • Tacos  
                    • Refried Beans  
                    • Vegetable  
                    • Fresh Fruit  
                    • Spanish Rice  
                    • Milk-variety  
                    • Juice-variety |
| February-24| • Chicken Sandwich  
                    • Onion Rings  
                    • Vegetable  
                    • Fresh Fruit  
                    • Milk-variety  
                    • Juice-variety |
| February-25| • Mac & Cheese  
                    • Vegetable  
                    • Fresh Fruit  
                    • String Cheese  
                    • French Fries  
                    • Dinner roll  
                    • Milk-variety  
                    • Juice-variety |
| February-26| • Pizza  
                    • Vegetable  
                    • Fresh Fruit  
                    • Milk-variety  
                    • Juice-variety |

Milk & Juice served with every meal. Meals are subject to change due to availability. This institution is an equal opportunity provider.