



GROW

ACADEMY ARVIN

FEBRUARY 2023

BREAKFAST & LUNCH



SUN

MON

TUE

WED

THU

FRI

SAT

February is
American Heart Month



1
Whole Grain Bagel
& Cream Cheese
Sloppy Joe
on Whole Wheat Bun


2
Cranberry & Coconut
Energy Bites
Turkey Taco
with WGR Corn Tortillas

3
Cereal & String Cheese

Teriyaki Chicken
with Brown Rice

5
6
Waffle Stix & Syrup
Meatless Monday
**Grilled Cheese
Sandwich**
on Whole Wheat Bread


7
GAA Homemade
Applesauce Muffin
**Bean & Cheese
Burrito**
on Whole Wheat Tortilla

8
Yogurt &
Tassajara Granola
Chicken Lo-Mein
with Whole Wheat
Spaghetti Noodles

9
Egg, Potato & Cheese
Breakfast Burrito
GAA Taco Boats
with Whole-Grain
Tortilla Chips

10
Cereal &
String Cheese
**SunButter & Jelly
Sandwich**
on Whole Wheat Bread

12
**School
Spirit
Week**

13

No School
Abraham Lincoln's
Birthday Observed

14

Assorted Oatmeal
**Heart Healthy
Baked Chicken
Tenders**
with Whole Wheat Roll

15
Chef's Choice
**Rotini Pasta with
Meat Sauce &
Whole-Grain Breadstick**

16
GAA Homemade
Crunchy Granola Bar
**Roasted Chicken
Drumsticks**
with Rice Pilaf

17
Cereal &
String Cheese
**Deli Turkey &
Cheese Hoagie**
on Whole Grain Roll

19
20

No School
George Washington's
Birthday Observed

21
Strawberry
Nutri-Grain Bar
***Sausage Jambalaya**
with Whole-Grain
Baguette

22
Yogurt &
Belly Bear Grahams
Chicken Tinga
with Whole-Grain
Tostada

23
Turkey Sausage &
Cheese Muffin
Cheesy Baked Potato
with Homemade
Whole Wheat Biscuit

24
Cereal &
String Cheese
**Savory Turkey
Burger w/Cheese**
on Whole Wheat Bun

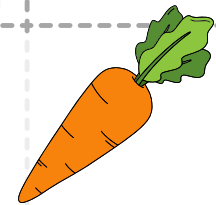
25
**National
Clam Chowder Day**

26
27
Oatmeal Chocolate
Chip Benefit Bar
Meatless Monday
Baked Ziti
w/Whole-Grain Pasta

28
GAA Homemade
Banana Bread
**Turkey & Cheese
Enchilada**
on Whole Wheat Tortilla



HARVEST OF THE MONTH
CARROTS



Notice:

- All breakfasts are served with fresh fruit and a choice of milk.
- All lunches are served with an unlimited salad bar and 1% or fat free milk.

Menu is subject to change. All grains are whole wheat or whole-grain rich.

This institution is an equal opportunity employer

*Contains pork



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ACADEMY ARVIN

FEBRERO

2023

DESAYUNO & ALMUERZO



SUN Domingo	MON Lunes	TUE Martes	WED Miércoles	THU Jueves	FRI Viernes	SAT Sábado
			1 Bagel integral y queso crema Joe descuidado en pan integral	2 Bocaditos energéticos de arándano y coco Tacos de Pavo con Tortillas de Maíz	3 Cereales y Queso de Hebra Pollo teriyaki con Arroz Integral	4  Jackie Robinson El fue el primer jugador de béisbol afroamericano que ingresó en la liga mayor de beisbol.
5	6 Waffle Stix y Jarabe Lunes Sin Carne Sándwich de queso	7 Muffin De Puré De Manzana Burrito de Frijoles y Queso	8 Yogur & Tassajara Granola Pollo Lo Mein	9 Burrito de Desayuno Barcos de tacos GAA	10 Cereales y Queso de Hebra Sándwich de mantequilla y mermelada	11
12	13  LINCOLN'S BIRTH DAY No Hay Clases	14 Avena Surtida Corazón saludable Tiras De Pollo Al Horno	15 Elección del chef Pasta rotini con salsa de carne	16 Barra de granola crujiente Muslos De Pollo Asado con Arroz Pilaf	17 Cereales y Queso de Hebra Hoagie Deli De Pavo Y Queso	18
19	20  HAPPY Presidents DAY No Hay Clases	21 Barrita Nutri-granos Fresa * Salchicha Jambalaya con baguette integral	22 Galletas de yogur y graham Pollo Tinga con cereales integrales Tostada	23 Salchicha de pavo y queso en muffin inglés integral Papa al horno con queso y galleta	24 Cereales y Queso de Hebra Hamburguesa salada de pavo con queso	25
26	27 Barra De Avena Con Chispas De Chocolate Lunes Sin Carne Ziti al Horno	28 Pan de banana Pavo y Queso Enchilada				

COSECHA DEL MES

ZANAHORIAS



Darse Cuenta:

- Todos los desayunos se sirven con fruta fresca y leche a elegir.
- Todos los almuerzos se sirven con ensalada ilimitada y leche descremada o al 1%.

- Todos los cereales son ricos en cereales integrales o de trigo integral. El menú está sujeto a cambios.
- Esta institución es un proveedor de igualdad de oportunidades.
- carne de cerdo



GROW

ACADEMY ARVIN

FEBRUARY 2023

SUPPER



SUN

MON

TUE

WED

THU

FRI

SAT



1 *National Freedom Day*

Turkey Dog on Whole Wheat Bun

2

Beef Stroganoff with WGR Roll

3

Chicken Tenders with GAA Homemade Cornbread



4

5

6

Meatless Monday
Whole Wheat English Muffin Pizza

7

Steak Bites w/Mashed Potatoes & Whole-Grain Roll

8

Beans, Rice, and Cheese Burrito on Whole Wheat Tortilla

9

Chicken & Cheese Quesadilla on Whole Wheat Tortilla

10

Whole Wheat Spaghetti & GAA Homemade Meatballs

11

12



13



14



15

Grilled Cheese Sandwich on Whole Wheat Bread

16

Meatball Sandwich on Whole-Grain Hoagie



17

National Random Acts of Kindness Day
Chicken Tenders & WGR Waffle Stix

18

19

20



21

Ham & Swiss Cheese Sliders on Whole-Grain Bun

22

White Chicken Chili with Brown Rice

23

Sirloin Beef Tips with Brown Rice & Gravy

24

SunButter & Jelly Sandwich on Whole Wheat Bread

25

26

27

Meatless Monday
Chili Mac with WGR Pasta

28

BBQ Beef Sliders on Whole-Grain Bun

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CARROTS



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FEBRERO

2023

CENA

SUN Domingo	MON Lunes	TUE Martes	WED Miércoles	THU Jueves	FRI Viernes	SAT Sábado
	<p>Lunes Sin Carne</p> 		<p>1 Perros caliente de pavo en panecillo de trigo integral</p>	<p>2 Stroganoff de ternera con rodillo WGR</p>	<p>3 Tiras de pollo con pan de maíz casero GAA</p>	<p>4 <i>Prueba todo en tu plato</i></p> 
5	<p>6 Pizza de panecillo inglés de trigo integral</p>	<p>7 Bocaditos de bistec con puré de papas y panecillo integral</p>	<p>8 Burrito de frijoles, arroz y queso sobre tortilla integral</p>	<p>9 Quesadilla de pollo y queso sobre tortilla integral</p>	<p>10 Espaguetis de trigo integral y Albóndigas caseras GAA</p>	11
12	<p>13  No Hay Clases</p>	<p>14 GAA hecho en casa Pizza de queso</p> <p><i>Feliz día de San Valentín</i></p> 	<p>15 Sándwich de queso a la parrilla en pan integral</p>	<p>16 Sándwich de albóndigas sobre hoagie integral</p>	<p>17 Tiras de pollo y waffle Stix WGR Nacional Día de Actos de Bondad al Azar</p>	<p>18  Se Amable LA BONDAD ES GRATIS</p>
19	<p>20  DÍA DEL PRESIDENTE NO HAY CLASES</p>	<p>21 Hamburguesas de jamón y queso suizo en panecillo integral</p>	<p>22 Chile de Pollo Blanco con Arroz Integral</p>	<p>23 Puntas de solomillo de res con arroz integral y salsa</p>	<p>24 Sándwich de mantequilla y mermelada en Pan integral</p>	25
26	<p>27 Mac con chile con Pasta WGR</p>	<p>28 Tortitas de Res a la Barbacoa en Pan Integral</p>	<p>COSECHA DEL MES</p> <h1>ZANAHORIAS</h1>			

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- Todos los almuerzos se sirven con ensalada ilimitada y leche descremada o al 1%.
- Todos los cereales son ricos en cereales integrales o de trigo integral. El menú está sujeto a cambios.
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- carne de cerdo

GROW Café



Commitment to Healthy Eating

Grow Academy Arvin is committed to providing healthy eating choices to our student population. All families are strongly encouraged to avoid bringing any outside food that will discourage students from eating the healthy choices that are made available by the school. Families that choose to bring food must choose complete meals that do not exceed state and federal approved laws by which the Grow Café observes. Additionally, the Grow Café does not serve foods with nitrates, trans fats, chemicals, dyed, refined sugars, refined flours, hydrogenated or partially hydrogenated oils, high fructose corn syrup or additives. To avoid bringing these ingredients into the café, please do not provide your children with packaged foods in their lunches.

The Grow Academy Wellness Policy includes a commitment to improve the health of the entire community by teaching students and their family's ways to establish and maintain life long healthy eating habits. In keeping with this goal, the Policy adopted the stipulation that foods offered to students and employees during the day as snacks, incentives, or refreshments in school offices and on school grounds be as healthful and nutritious as possible. Teachers, administrators, and parents who model healthy behavior increase the likelihood of having a positive influence on student behavior. classroom, but are also developing and practicing vital life skills, teamwork and learning how to nourish themselves in all areas of life.



Reminders

- Please avoid feeding your student's breakfast at home if they are planning on eating Breakfast in the Classroom.
- If your student's lunch doesn't have a fruit or vegetable, we will ask them to go through the salad bar.
- If your student's lunch doesn't have a protein or whole grain, we will ask them to get a hot lunch.
- We are a nut free campus, please do not include items with or processed with nuts in your student's lunch.
- If your student comes to campus with foods that are not in line with our Healthy Eating Policy, it will be removed from their lunch and available to pick up after school.
- As part of our commitment to healthy eating, we do not serve desert at lunch, please refrain from including sweets in your student's lunch.



✓ Recommended beverages, snacks, & lunch options if providing food from home:

- Fruit juice smoothies
- Whole and freshly cut fruits
- Whole and freshly cut vegetables
- Trail mixes (without nuts)
- Water and sparkling waters
- Fruit concentrate and honey sweetened yogurt
- Granola bars
- Herbal teas
- Whole grain crackers
- Baked chips, pretzels, salsa, guacamole, or bean dips
- Snack bars (without nuts)
- Air popped popcorn
- Compressed rice and grain cakes
- Pure 100 % fruit juice, fruit strips and snacks
- Natural fruit-flavored waters
- Raisins and dried fruits
- Hard boiled eggs
- Real cheese
- Homemade sandwiches and meals

✗ Foods to avoid bringing to school:

- Lunchables
- Sports drinks
- Caffeinated and carbonated beverages (energy drinks and sodas)
- Processed and packaged snacks (including chips, candies, cookies, and cakes)
- Sugared breakfast cereals
- Juices from concentrate
- Foods that contain artificial colors or flavorings
- Anything containing nuts (we are a nut free campus)
- Fast and convenience foods



✓ Alimentos sugeridos para traer a la escuela:

- Liquado de zumos de frutas
- Las frutas enteras y recién cortadas
- Verduras enteras y recién cortadas
- Trail mix (sin nueces)
- Agua y aguas cristalinas
- Concentrado de frutas y miel azucarada yogur
- Barras de granola
- Los tés de hierbas
- Galletas integrales
- Papas horneadas, pretzels, salsa, guacamole,
- frijoles o salsas
- Los bares de tapas (sin nueces)
- Palomitas de maíz
- Pasteles de arroz y grano comprimido
- Puro jugo de fruta 100%, tiras de fruta y aperitivos
- Aguas naturales de frutas con sabor
- Las pasas y frutos secos
- Huevos duros
- Queso real
- Sándwiches y comidas caseras

✗ Alimentos que no puede llevar a la escuela:

- Lunchables
- Las bebidas deportivas
- Las bebidas con cafeína y gaseosas (bebidas energéticas y sodas)
- Bocadillos procesados y envasados (incluidas las Sabritas)
- fritas, dulces, galletas y pasteles)
- Cereales de desayuno azucarados
- Los jugos de concentrado
- Los alimentos que contienen colorantes ni aromas
- Cualquier cosa que contenga nueces (somos un campus libre de las nueces y Cacahuates)
- Comida rápida y chatarra



Special Menu Days

#MeatlessMonday: Every Monday, we participate in Meatless Mondays serving vegetarian dishes to all students.

Feature Teacher Fridays: Each campus will highlight one teacher who will give the Café staff one of their family recipes.

Chef's Choice Days: On these days, your school's chef will choose a delicious surprise meal to serve.

Worldly Wednesdays: These Wednesdays are an opportunity for your students to travel the world and try new foods from different countries all over the world.

Other Special Days: Halloween's Spooky Menu, Thanksgiving Feast, Christmas Feast, Read Across America Day, Pi Day, Picnic Lunch, Last Day of School Sack Lunch, and more!

Allergy & Dietary Symbols on the Menu

* = Contains Pork

° = Contains Shrimp

e = Vegetarian containing

The Café staff and school nurses work closely to monitor and manage any food allergies and dietary restrictions. Please see your school's nurse for food allergy forms. The Café staff is required to accommodate all food allergies and documented disabilities but are not required to accommodate any food preferences your student may have. All food allergy and disability forms must be filled out and signed by your student's doctor. A food dislike can not be classified as an allergy.