

February 2023

New Horizon Lankershim

GRADE: K-8
3P/NSLP Menu
w/ Milk & Fruit

B=

L=

S=

Last updated: 11/18/22at 12:45 pm

Menus are not final. Menu items may change due to national supply chain issues including limited food availability, staff shortages, distribution issues, inflationary prices and/or other challenges.

	MONDAY RED/ORANGE	TUESDAY LEGUMES	WEDNESDAY DARK GREEN	THURSDAY STARCHY	FRIDAY OTHER
	30	31	1	2	3
KFAST	Mexican Concha	Lucky Charms & WG Crackers	Bagel & Cream Cheese	Egg & Soyrito Breakfast Burrito	String Cheese & Graham Crackers
IEAL	Breaded Chicken Patty on a HB Bun w/carrot sticks (3/4c)	Beef Picadillo (3/4c) w/spanish rice (3/4c) & pinto beans (3/4c)	Creamy Chicken Chipotle Pasta w/broccoli (3/4c)	Turkey Hot Dog on a Bun w/whole kernel corn (3/4c)	Pepperoni Pizza w/carrot sticks (3/4c)
'EGETARIAN					Cheese Pizza w/carrot sticks (3/4c)
K	Goldfish Crackers	Strawberry Muffin	Cereal Bar	Banana Muffin	Scooby-Doo Crackers
	6	7	8	9	10
KFAST	Yogurt & Graham Crackers	Trix & WG Crackers	Banana Muffin	Cheese Quesadilla	Coffee Cinnamon Crumble
IEAL	BBQ Chicken on a HB Bun w/carrot sticks (3/4c)	Chicken Alfredo Pasta w/whole kernel corn (3/4c)	Three Cheese Mac & Cheese w/broccoli (3/4c)	PepperJack Cheeseburger w/bbq baked beans (3/4c)	Pepperoni Pizza w/carrot sticks (3/4c)
'EGETARIAN		Alfredo Cheese Pasta w/whole kernel corn (3/4c)			Cheese Pizza w/carrot sticks (3/4c)
K	Blueberry NutriGrain Bar	Chocolate Chex Mix	Cheez-its	Goldfish Pretzel	Strawberry Muffin
	13	14	15	16	17
KFAST	Mexican Concha	Maple Waffle 	Bagel & Cream Cheese	Bean & Cheese Breakfast Burrito	String Cheese & Graham Crackers
IEAL	Breaded Chicken Patty on a HB Bun w/carrot sticks (3/4c)	Beef & Cheese Nachos w/refried pinto beans (3/4c)	Pizza Lasagna w/broccoli (3/4c)	Cheeseburger w/tater tots (3/4c)	Pepperoni Pizza w/carrot sticks (3/4c)
'EGETARIAN					Cheese Pizza w/carrot sticks (3/4c)
K	Scooby-Doo Crackers	Coffee Cinnamon Crumble	Goldfish Crackers	Strawberry Chex Mix	Banana Muffin
	20	21	22	23	24
KFAST		Coco Puffs & WG Crackers	Blueberry Muffin	Cinnamon French Toast	Coffee Cinnamon Crumble
IEAL		Three Cheese Mac & Cheese w/bbq baked beans (3/4c)	Beef Marinara Baked Ziti Bowl w/broccoli (3/4c)	Chicken Nuggets w/whole kernel corn (3/4c)	Pepperoni Pizza w/carrot sticks (3/4c)
'EGETARIAN					Cheese Pizza w/carrot sticks (3/4c)
K		Cheez-its	Goldfish Pretzel	Strawberry Muffin	Chocolate Chex Mix
	27	28	1	2	3
KFAST	Mexican Concha	Trix & WG Crackers	Coffee Cinnamon Crumble	Cinnamon French Toast	String Cheese & Strawberry NutriGrain Bar
IEAL	Mongolian Bowl w/brown rice (3/4c) & steamed carrots (3/4c)	Turkey Hot Dog on a Bun w/bbq baked beans (3/4c)	Chicken Alfredo Baked Ziti Bowl w/broccoli (3/4c)	Chicken & Waffles w/mashed potatoes (3/4c)	Pepperoni Pizza w/carrot sticks (3/4c)
'EGETARIAN					Cheese Pizza w/carrot sticks (3/4c)
K	Apple NutriGrain Bar	Banana Muffin	Strawberry Chex Mix	Cheez-its	Scooby-Doo Crackers

This institution is an equal opportunity provider.

School Notes:



eat right, be bright!

Breakfast (1/2 cup) & Lunch (1/2 cup) portions, 1/2 cup (1/2 cup) cannot exceed 50% of total weekly earnings. 1/2 cup (1/2 cup) (Non-Fat/Non-Fat) (1/2 cup)