

**WEEK 1: 1/30-2/3**  
**DUE 1/25/23**



**Meals Provided by  
Shelby Public Schools**

Option	Monday 1/30	Tuesday 1/31	Wednesday 2/1	Thursday 2/2	Friday 2/3
<b>Main</b>	Ham, mashed potatoes & gravy, green beans, roll, apple	Walking taco, refried beans, guacamole, salsa, diced peaches	Rigatoni w/ meatballs & marinara, garlic bread, mixed veggie, banana	Breaded chicken leg, potato wedges, broccoli, orange slices	Stuffed crust pepperoni pizza, corn, fruit cup
<b>Sandwich</b>	Turkey & cheese on a croissant	Chicken salad wrap	Hot ham & cheese sub	Hot salami & mozzarella on a croissant	BLT on whole wheat
<b>Salad</b>	Ham chef salad	Chicken Caesar salad	BLT salad	Mandarin chicken salad	Chicken taco salad
<b>Parfait</b>	Granola, yogurt, fruit, cheese	Granola, yogurt, fruit, cheese	Granola, yogurt, fruit, cheese	Granola, yogurt, fruit, cheese	Granola, yogurt, fruit, cheese

**WEEK 2: 2/6-10**  
**DUE 2/1/23**



**Meals Provided by  
Shelby Public Schools**

Option	Monday 2/6	Tuesday 2/7	Wednesday 2/8	Thursday 2/9	Friday 2/10
<b>Main</b>	Grilled cheese sandwich, tomato soup, broccoli, diced pears	Taco on flour tortilla w/ cheese, corn, salsa, guacamole, apple	Beef chili, cornbread, green beans, banana	Chicken gravy over mashed potato, peas, orange slices	Chicken nuggets, carrots, potato smiles, roll, fresh pears
<b>Sandwich</b>	Turkey & cheese on a croissant	Chicken salad wrap	Hot ham & cheese sub	Hot salami & mozzarella on a croissant	BLT on whole wheat
<b>Salad</b>	Chef salad w/ ham	Chicken Caesar salad	BLT salad	Mandarin chicken salad	Chicken taco salad
<b>Parfait</b>	Granola, yogurt, fruit, cheese	Granola, yogurt, fruit, cheese	Granola, yogurt, fruit, cheese	Granola, yogurt, fruit, cheese	Granola, yogurt, fruit, cheese

**WEEK 3: 2/13-17**  
**DUE 2/8/23**



**Meals Provided by  
Shelby Public Schools**

Option	Monday 2/13	Tuesday 2/14	Wednesday 2/15	Thursday 2/16	Friday 2/17
<b>Main</b>	Spaghetti w/ meat sauce, garlic bread, mixed veggies, orange	Chicken fajita, corn, salsa, guacamole, mixed fruit	Mac & cheese, grilled chicken breast, green beans, roll, banana	Lasagna rollup, garlic knot, cooked carrots, apple	Cheeseburger, tater tots, peas, fruit cup
<b>Sandwich</b>	Turkey & cheese on a croissant	Chicken salad wrap	Hot ham & cheese sub	Hot salami & mozzarella on a croissant	BLT on whole wheat
<b>Salad</b>	Chef salad w/ ham	Chicken Caesar salad	BLT salad	Mandarin chicken salad	Chicken taco salad
<b>Parfait</b>	Granola, yogurt, fruit, cheese	Granola, yogurt, fruit, cheese	Granola, yogurt, fruit, cheese	Granola, yogurt, fruit, cheese	Granola, yogurt, fruit, cheese

**WEEK 4: 2/20-24**  
**DUE 2/15/23**



**Meals Provided by**  
**Shelby Public Schools**

<b>Option</b>	<b>Monday 2/20</b>	<b>Tuesday 2/21</b>	<b>Wednesday 2/22</b>	<b>Thursday 2/23</b>	<b>Friday 2/24</b>
<b>Main</b>	Breaded chicken sandwich, smiley fries, peas, apple	Taco on flour tortilla w/ cheese, green beans, salsa, guacamole, orange	Pizza casserole, breadstick, green beans, diced peaches	Salisbury steak, mashed potato, roll, mixed veggie, banana	All beef hot dog, carrot sticks, pears, chips
<b>Sandwich</b>	Turkey & cheese on a croissant	Chicken salad wrap	Hot ham & cheese sub	Hot salami & mozzarella on croissant	BLT on whole wheat
<b>Salad</b>	Chef salad w/ ham	Chicken Caesar salad	BLT salad	Mandarin chicken salad	Chicken taco salad
<b>Parfait</b>	Granola, yogurt, fruit, cheese	Granola, yogurt, fruit, cheese	Granola, yogurt, fruit, cheese	Granola, yogurt, fruit, cheese	Granola, yogurt, fruit, cheese