



## Integration: Teleport HS Breakfast - February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Feb 1, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Feb 2, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Blueberry Mini Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Feb 3, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Waffle Grahams</li> <li>• Oranges (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Feb 4, 2023 <p style="text-align: center; font-size: 24px;">Closed</p>
Feb 5, 2023	Feb 6, 2023	Feb 7, 2023	Feb 8, 2023	Feb 9, 2023	Feb 10, 2023	Feb 11, 2023
Closed	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Assorted Yogurt</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Blueberry Mini Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Assorted Yogurt</li> <li>• Honey Oat Granola Bar</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Feb 12, 2023	Feb 13, 2023	Feb 14, 2023	Feb 15, 2023	Feb 16, 2023	Feb 17, 2023	Feb 18, 2023
Closed	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Blueberry Mini Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Assorted Yogurt</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Corn Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Waffle Grahams</li> <li>• Oranges (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Closed
Feb 19, 2023	Feb 20, 2023	Feb 21, 2023	Feb 22, 2023	Feb 23, 2023	Feb 24, 2023	Feb 25, 2023
Closed	Closed	Closed	Closed	Closed	Closed	Closed
Feb 26, 2023	Feb 27, 2023	Feb 28, 2023				
Closed	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Corn Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Assorted Yogurt</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>				

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## Integration: Teleport HS Lunch - February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Feb 1, 2023	Feb 2, 2023	Feb 3, 2023	Feb 4, 2023
			<ul style="list-style-type: none"> <li>• WGR Chicken Parmesan</li> <li>• Whole Grain Pasta</li> <li>• Broccoli</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Beef WGR Soft Tacos (2)</li> <li>• Pinto Beans</li> <li>• Mixed Vegetables</li> <li>• Spanish Rice</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Macaroni and Cheese</li> <li>• Lima Beans</li> <li>• Green Beans</li> <li>• Whole Grain Bread</li> <li>• Clementine (2)</li> <li>• Applesauce</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Feb 5, 2023	Feb 6, 2023	Feb 7, 2023	Feb 8, 2023	Feb 9, 2023	Feb 10, 2023	Feb 11, 2023
Closed	<ul style="list-style-type: none"> <li>• Roasted Chicken Thigh</li> <li>• WGR Pasta w/Olive Oil</li> <li>• Green Beans</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Chicken Wings</li> <li>• Green Peas</li> <li>• Brown Rice</li> <li>• Sweet Plantain</li> <li>• Clementine (2)</li> <li>• Mixed Fruit In 100% Natural Juice</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Fajita w/ WGR Wrap:</li> <li>• Diced Carrots</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Spaghetti and Meatballs:</li> <li>• Broccoli</li> <li>• Apple</li> <li>• Whole Grain Bread</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Chicken Wings</li> <li>• Brown Rice and Beans</li> <li>• Collard Greens</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Feb 12, 2023	Feb 13, 2023	Feb 14, 2023	Feb 15, 2023	Feb 16, 2023	Feb 17, 2023	Feb 18, 2023
Closed	<ul style="list-style-type: none"> <li>• Whole Grain Chicken Fingers</li> <li>• Brown Rice and Beans</li> <li>• Sweet Potato Fries</li> <li>• Whole Grain Bread</li> <li>• Pears (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Macaroni and Cheese</li> <li>• Lima Beans</li> <li>• Green Beans</li> <li>• Whole Grain Bread</li> <li>• Clementine (2)</li> <li>• Applesauce</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Grain Cheese Pizza</li> <li>• Broccoli</li> <li>• Baby Carrots</li> <li>• Apple</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> <li>• 100% Assorted Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken &amp; Broccoli</li> <li>• Brown Rice</li> <li>• Oriental Blend Vegetables</li> <li>• Apple</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Jamaican Beef Patty</li> <li>• Brown Rice and Beans</li> <li>• Corn</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Feb 19, 2023	Feb 20, 2023	Feb 21, 2023	Feb 22, 2023	Feb 23, 2023	Feb 24, 2023	Feb 25, 2023
Closed	Closed	Closed	Closed	Closed	Closed	Closed
Feb 26, 2023	Feb 27, 2023	Feb 28, 2023				
Closed	<ul style="list-style-type: none"> <li>• Whole Grain Chicken Fingers</li> <li>• Sweet Potato Fries</li> <li>• WGR Corn Loaf</li> <li>• Fresh Plum (2)</li> <li>• Mixed Fruit In 100% Natural Juice</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Hamburger on a WGR Bun:</li> <li>• Cheese Slice</li> <li>• Potato Wedge</li> <li>• Diced carrots</li> <li>• Oranges (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> <li>• Ketchup</li> </ul>				

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## Integration: South HS Breakfast - February 2023

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			Feb 1, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Feb 2, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Blueberry Mini Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Feb 3, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Waffle Grahams</li> <li>• Oranges (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Feb 4, 2023 <p style="text-align: center; font-size: 24px;">Closed</p>
Feb 5, 2023	Feb 6, 2023	Feb 7, 2023	Feb 8, 2023	Feb 9, 2023	Feb 10, 2023	Feb 11, 2023
Closed	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Assorted Yogurt</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Blueberry Mini Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Assorted Yogurt</li> <li>• Honey Oat Granola Bar</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Feb 12, 2023	Feb 13, 2023	Feb 14, 2023	Feb 15, 2023	Feb 16, 2023	Feb 17, 2023	Feb 18, 2023
Closed	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Blueberry Mini Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Assorted Yogurt</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Corn Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Waffle Grahams</li> <li>• Oranges (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Closed
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Closed	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Corn Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Assorted Yogurt</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>				

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			Feb 1, 2023	Feb 2, 2023	Feb 3, 2023	Feb 4, 2023
			<ul style="list-style-type: none"> <li>• Chicken Fajita w/ WGR Wrap:</li> <li>• Diced Carrots</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Spaghetti and Meatballs:</li> <li>• Broccoli</li> <li>• Apple</li> <li>• Whole Grain Bread</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Chicken Wings</li> <li>• Brown Rice and Beans</li> <li>• Collard Greens</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Feb 5, 2023	Feb 6, 2023	Feb 7, 2023	Feb 8, 2023	Feb 9, 2023	Feb 10, 2023	Feb 11, 2023
Closed	<ul style="list-style-type: none"> <li>• Whole Grain Chicken Fingers</li> <li>• Brown Rice and Beans</li> <li>• Sweet Potato Fries</li> <li>• Whole Grain Bread</li> <li>• Pears (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Macaroni and Cheese</li> <li>• Lima Beans</li> <li>• Green Beans</li> <li>• Whole Grain Bread</li> <li>• Clementine (2)</li> <li>• Applesauce</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Grain Cheese Pizza</li> <li>• Broccoli</li> <li>• Baby Carrots</li> <li>• Apple</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> <li>• 100% Assorted Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken &amp; Broccoli</li> <li>• Brown Rice</li> <li>• Oriental Blend Vegetables</li> <li>• Apple</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Jamaican Beef Patty</li> <li>• Brown Rice and Beans</li> <li>• Corn</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Feb 12, 2023	Feb 13, 2023	Feb 14, 2023	Feb 15, 2023	Feb 16, 2023	Feb 17, 2023	Feb 18, 2023
Closed	<ul style="list-style-type: none"> <li>• Roasted Chicken Thigh</li> <li>• WGR Pasta w/Olive Oil</li> <li>• Diced Carrots</li> <li>• Pears (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Salisbury Steak</li> <li>• Mashed Potatoes</li> <li>• Collard Greens</li> <li>• Whole Grain Bread (2)</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Lasagna Rollette</li> <li>• Lima Beans</li> <li>• Green Beans</li> <li>• Whole Grain Bread (2)</li> <li>• Clementine (2)</li> <li>• Mixed Fruit In 100% Natural Juice</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Hot Dog</li> <li>• Mixed Vegetables</li> <li>• Potato Nuggets</li> <li>• WGR Hot Dog Bun</li> <li>• WGR Pasta Salad</li> <li>• Apple</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Oven Fried Chicken</li> <li>• Brown Rice and Beans</li> <li>• Sweet Potato</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Feb 19, 2023	Feb 20, 2023	Feb 21, 2023	Feb 22, 2023	Feb 23, 2023	Feb 24, 2023	Feb 25, 2023
Closed	Closed	Closed	Closed	Closed	Closed	Closed
Feb 26, 2023	Feb 27, 2023	Feb 28, 2023				
Closed	<ul style="list-style-type: none"> <li>• Roasted Chicken Thigh</li> <li>• WGR Pasta w/Olive Oil</li> <li>• Green Beans</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Chicken Wings</li> <li>• Green Peas</li> <li>• Brown Rice</li> <li>• Sweet Plantain</li> <li>• Clementine (2)</li> <li>• Mixed Fruit In 100% Natural Juice</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>				

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## Integration: South K-8 Breakfast - February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Feb 1, 2023	Feb 2, 2023	Feb 3, 2023	Feb 4, 2023
			<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Blueberry Mini Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Waffle Grahams</li> <li>• Oranges (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Closed
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Closed	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Assorted Yogurt</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Blueberry Mini Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Assorted Yogurt</li> <li>• Honey Oat Granola Bar</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
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## Integration: South K-8 Lunch - February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Feb 1, 2023	Feb 2, 2023	Feb 3, 2023	Feb 4, 2023
			<ul style="list-style-type: none"> <li>• Chicken Fajita w/ WGR Wrap:</li> <li>• Diced Carrots</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Spaghetti and Meatballs:</li> <li>• Broccoli</li> <li>• Apple</li> <li>• Whole Grain Bread</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Chicken Wings</li> <li>• Brown Rice and Beans</li> <li>• Collard Greens</li> <li>• Banana</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Feb 5, 2023	Feb 6, 2023	Feb 7, 2023	Feb 8, 2023	Feb 9, 2023	Feb 10, 2023	Feb 11, 2023
Closed	<ul style="list-style-type: none"> <li>• Whole Grain Chicken Fingers</li> <li>• Brown Rice and Beans</li> <li>• Sweet Potato Fries</li> <li>• Pear</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Macaroni and Cheese</li> <li>• Green Beans</li> <li>• Whole Grain Bread</li> <li>• Clementine (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Grain Cheese Pizza</li> <li>• Broccoli</li> <li>• Apple</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken &amp; Broccoli</li> <li>• Brown Rice</li> <li>• Oriental Blend Vegetables</li> <li>• Apple</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Jamaican Beef Patty</li> <li>• Brown Rice and Beans</li> <li>• Corn</li> <li>• Orange</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Feb 12, 2023	Feb 13, 2023	Feb 14, 2023	Feb 15, 2023	Feb 16, 2023	Feb 17, 2023	Feb 18, 2023
Closed	<ul style="list-style-type: none"> <li>• Roasted Chicken Thigh</li> <li>• WGR Pasta w/Olive Oil</li> <li>• Baby Carrots</li> <li>• Pear</li> <li>• Whole Grain Bread</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Salisbury Steak</li> <li>• Mashed Potatoes</li> <li>• Collard Greens</li> <li>• Whole Grain Bread</li> <li>• Orange</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Lasagna Rollette</li> <li>• Lima Beans</li> <li>• Green Beans</li> <li>• Clementine (2)</li> <li>• Whole Grain Bread</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Hot Dog</li> <li>• Mixed Vegetables</li> <li>• Potato Nuggets</li> <li>• WGR Hot Dog Bun</li> <li>• Apple</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Oven Fried Chicken</li> <li>• Brown Rice and Beans</li> <li>• Sweet Potato</li> <li>• Pear</li> <li>• Whole Grain Bread</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Closed
Feb 19, 2023	Feb 20, 2023	Feb 21, 2023	Feb 22, 2023	Feb 23, 2023	Feb 24, 2023	Feb 25, 2023
Closed	Closed	Closed	Closed	Closed	Closed	Closed
Feb 26, 2023	Feb 27, 2023	Feb 28, 2023				
Closed	<ul style="list-style-type: none"> <li>• Roasted Chicken Thigh</li> <li>• Whole Grain Pasta</li> <li>• Green Beans</li> <li>• Pear</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Chicken Wings</li> <li>• Brown Rice</li> <li>• Sweet Plantain</li> <li>• Clementine (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>				

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## Integration: Teleport K-8 Breakfast - February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Feb 1, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Feb 2, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Blueberry Mini Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Feb 3, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Waffle Grahams</li> <li>• Oranges (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Feb 4, 2023 <p style="text-align: center; font-size: 24px; color: gray;">Closed</p>
Feb 5, 2023	Feb 6, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Assorted Yogurt</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Feb 7, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Feb 8, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Blueberry Mini Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Feb 9, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Feb 10, 2023 <ul style="list-style-type: none"> <li>• Assorted Yogurt</li> <li>• Honey Oat Granola Bar</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Feb 11, 2023 <p style="text-align: center; font-size: 24px; color: gray;">Closed</p>
Feb 12, 2023	Feb 13, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Blueberry Mini Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Feb 14, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Assorted Yogurt</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Feb 15, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Feb 16, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Corn Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Feb 17, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Waffle Grahams</li> <li>• Oranges (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Feb 18, 2023 <p style="text-align: center; font-size: 24px; color: gray;">Closed</p>
Feb 19, 2023	Feb 20, 2023	Feb 21, 2023	Feb 22, 2023	Feb 23, 2023	Feb 24, 2023	Feb 25, 2023
Closed	Closed	Closed	Closed	Closed	Closed	Closed
Feb 26, 2023	Feb 27, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Corn Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Feb 28, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Assorted Yogurt</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>				
Closed						

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## Integration: Teleport K-8 Lunch - February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Feb 1, 2023	Feb 2, 2023	Feb 3, 2023	Feb 4, 2023
			<ul style="list-style-type: none"> <li>• Chicken Fajita w/ WGR Wrap:</li> <li>• Diced Carrots</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Spaghetti and Meatballs:</li> <li>• Broccoli</li> <li>• Apple</li> <li>• Whole Grain Bread</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Chicken Wings</li> <li>• Brown Rice and Beans</li> <li>• Collard Greens</li> <li>• Banana</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Feb 5, 2023	Feb 6, 2023	Feb 7, 2023	Feb 8, 2023	Feb 9, 2023	Feb 10, 2023	Feb 11, 2023
Closed	<ul style="list-style-type: none"> <li>• Whole Grain Chicken Fingers</li> <li>• Brown Rice and Beans</li> <li>• Sweet Potato Fries</li> <li>• Pear</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• WGR Macaroni and Cheese</li> <li>• Green Beans</li> <li>• Whole Grain Bread</li> <li>• Clementine (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Grain Cheese Pizza</li> <li>• Broccoli</li> <li>• Apple</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken &amp; Broccoli</li> <li>• Brown Rice</li> <li>• Oriental Blend Vegetables</li> <li>• Apple</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Jamaican Beef Patty</li> <li>• Brown Rice and Beans</li> <li>• Corn</li> <li>• Orange</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Closed
Feb 12, 2023	Feb 13, 2023	Feb 14, 2023	Feb 15, 2023	Feb 16, 2023	Feb 17, 2023	Feb 18, 2023
Closed	<ul style="list-style-type: none"> <li>• Roasted Chicken Thigh</li> <li>• WGR Pasta w/Olive Oil</li> <li>• Baby Carrots</li> <li>• Pear</li> <li>• Whole Grain Bread</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Salisbury Steak</li> <li>• Mashed Potatoes</li> <li>• Collard Greens</li> <li>• Whole Grain Bread</li> <li>• Orange</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Lasagna Rollette</li> <li>• Lima Beans</li> <li>• Green Beans</li> <li>• Clementine (2)</li> <li>• Whole Grain Bread</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Hot Dog</li> <li>• Mixed Vegetables</li> <li>• Potato Nuggets</li> <li>• WGR Hot Dog Bun</li> <li>• Apple</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Oven Fried Chicken</li> <li>• Brown Rice and Beans</li> <li>• Sweet Potato</li> <li>• Pear</li> <li>• Whole Grain Bread</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Closed
Feb 19, 2023	Feb 20, 2023	Feb 21, 2023	Feb 22, 2023	Feb 23, 2023	Feb 24, 2023	Feb 25, 2023
Closed	Closed	Closed	Closed	Closed	Closed	Closed
Feb 26, 2023	Feb 27, 2023	Feb 28, 2023				
Closed	<ul style="list-style-type: none"> <li>• Roasted Chicken Thigh</li> <li>• Whole Grain Pasta</li> <li>• Green Beans</li> <li>• Pear</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Chicken Wings</li> <li>• Brown Rice</li> <li>• Sweet Plantain</li> <li>• Clementine (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>				

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## Integration: South AS Snack - February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Feb 1, 2023 <ul style="list-style-type: none"> <li>Banana</li> <li>WGR Waffle Grahams</li> <li>100% Assorted Fruit Juice</li> </ul>	Feb 2, 2023 <ul style="list-style-type: none"> <li>Applesauce</li> <li>WGR Animal Crackers</li> <li>Clementine (2)</li> </ul>	Feb 3, 2023 Closed	Feb 4, 2023 Closed
Feb 5, 2023 Closed	Feb 6, 2023 <ul style="list-style-type: none"> <li>Diced Pears in Natural Juice</li> <li>String Cheese</li> <li>Clementine (2)</li> </ul>	Feb 7, 2023 <ul style="list-style-type: none"> <li>Clementine (2)</li> <li>Assorted Yogurt</li> <li>Mixed Fruit In 100% Natural Juice</li> </ul>	Feb 8, 2023 <ul style="list-style-type: none"> <li>Fresh Apple</li> <li>100% Assorted Fruit Juice</li> <li>WGR Graham Crackers</li> </ul>	Feb 9, 2023 <ul style="list-style-type: none"> <li>WGR Cheez-it Crackers</li> <li>Orange</li> <li>100% Assorted Fruit Juice</li> </ul>	Feb 10, 2023 Closed	Feb 11, 2023 Closed
Feb 12, 2023 Closed	Feb 13, 2023 <ul style="list-style-type: none"> <li>Fresh Apples (2)</li> <li>WGR Cheez-it Crackers</li> <li>100% Assorted Fruit Juice</li> </ul>	Feb 14, 2023 <ul style="list-style-type: none"> <li>Mixed Fruit In 100% Natural Juice</li> <li>String Cheese</li> <li>100% Assorted Fruit Juice</li> </ul>	Feb 15, 2023 <ul style="list-style-type: none"> <li>Banana</li> <li>WGR Waffle Grahams</li> <li>100% Assorted Fruit Juice</li> </ul>	Feb 16, 2023 <ul style="list-style-type: none"> <li>Applesauce</li> <li>WGR Animal Crackers</li> <li>Pear</li> </ul>	Feb 17, 2023 Closed	Feb 18, 2023 Closed
Feb 19, 2023 Closed	Feb 20, 2023 Closed	Feb 21, 2023 Closed	Feb 22, 2023 Closed	Feb 23, 2023 Closed	Feb 24, 2023 Closed	Feb 25, 2023 Closed
Feb 26, 2023 Closed	Feb 27, 2023 <ul style="list-style-type: none"> <li>Fresh Apples (2)</li> <li>100% Assorted Fruit Juice</li> <li>Assorted Yogurt</li> </ul>	Feb 28, 2023 <ul style="list-style-type: none"> <li>Mixed Fruit In 100% Natural Juice</li> <li>String Cheese</li> <li>Clementine (2)</li> </ul>				

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## Integration: Teleport AS Snack - February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Feb 1, 2023 <ul style="list-style-type: none"> <li>Banana</li> <li>WGR Waffle Grahams</li> <li>100% Assorted Fruit Juice</li> </ul>	Feb 2, 2023 <ul style="list-style-type: none"> <li>Applesauce</li> <li>WGR Animal Crackers</li> <li>Clementine (2)</li> </ul>	Feb 3, 2023 <ul style="list-style-type: none"> <li>Fresh Plum</li> <li>100% Assorted Fruit Juice</li> <li>WGR Cheez-it Crackers</li> </ul>	Feb 4, 2023 <p style="text-align: center; font-size: 1.2em;">Closed</p>
Feb 5, 2023	Feb 6, 2023	Feb 7, 2023	Feb 8, 2023	Feb 9, 2023	Feb 10, 2023	Feb 11, 2023
Closed	<ul style="list-style-type: none"> <li>Diced Pears in Natural Juice</li> <li>String Cheese</li> <li>Clementine (2)</li> </ul>	<ul style="list-style-type: none"> <li>Clementine (2)</li> <li>Assorted Yogurt</li> <li>Mixed Fruit In 100% Natural Juice</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Apple</li> <li>100% Assorted Fruit Juice</li> <li>WGR Graham Crackers</li> </ul>	<ul style="list-style-type: none"> <li>WGR Cheez-it Crackers</li> <li>Orange</li> <li>100% Assorted Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Banana</li> <li>WGR Waffle Grahams</li> <li>100% Assorted Fruit Juice</li> </ul>	Closed
Feb 12, 2023	Feb 13, 2023	Feb 14, 2023	Feb 15, 2023	Feb 16, 2023	Feb 17, 2023	Feb 18, 2023
Closed	<ul style="list-style-type: none"> <li>Fresh Apples (2)</li> <li>WGR Cheez-it Crackers</li> <li>100% Assorted Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Mixed Fruit In 100% Natural Juice</li> <li>String Cheese</li> <li>100% Assorted Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Banana</li> <li>WGR Waffle Grahams</li> <li>100% Assorted Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Applesauce</li> <li>WGR Animal Crackers</li> <li>Pear</li> </ul>	<ul style="list-style-type: none"> <li>100% Assorted Fruit Juice</li> <li>Assorted Yogurt</li> <li>Clementine</li> </ul>	Closed
Feb 19, 2023	Feb 20, 2023	Feb 21, 2023	Feb 22, 2023	Feb 23, 2023	Feb 24, 2023	Feb 25, 2023
Closed	Closed	Closed	Closed	Closed	Closed	Closed
Feb 26, 2023	Feb 27, 2023	Feb 28, 2023				
Closed	<ul style="list-style-type: none"> <li>Fresh Apples (2)</li> <li>100% Assorted Fruit Juice</li> <li>Assorted Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>Mixed Fruit In 100% Natural Juice</li> <li>String Cheese</li> <li>Clementine (2)</li> </ul>				

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