



# Daily Lunch Menu – Perkins School



Monday

Tuesday

Wednesday

Thursday

Friday

*Menu subject to change without notice when unforeseen issues arise. Before placing your order, inform the staff if you have a food allergy.*

WINTER SQUASH



FEBRUARY

BLACK HISTORY MONTH

1



2

Chicken Nuggets, White Cheddar Mac & Cheese and Rainbow Carrots or Falafel Greek Salad with Tzatziki

3

Meatball Subs with Mushrooms, Peppers, Onions and Spaghetti Squash or Crunchy Veggie & Egg Sesame Noodle Bowl

4

Tex Mex Turkey Burrito with Dirty Rice & Beans and an Apple Churro or Tuna Salad Chef Salad

5

Oven Fried Hot Honey Chicken Sandwich, Mashed Potatoes and Apple Cider Roasted Butternut Squash or Southwestern Chicken Power Bowl

6

Souper Bowl Special  
Tomato Soup & Grilled Cheese vs. Chili & Cornbread or Chicken Shawarma Chef Salad with Naan Bread

7



8



9

Macaroni & Cheese with Broccoli and a Betty Bar or Falafel Greek Salad with Tzatziki

10

Italian Subs, Pickles & a bag of Popcorners with Apple Cranberry Crisp or Crunchy Veggie & Egg Sesame Noodle Bowl

11

Sausage, Egg & Cheese Breakfast Bagel Sandwich, Hashbrowns and a Fruit Parfait or Tuna Salad Chef Salad

12

Fish Tacos with Peach Salsa, Citrus Slaw and Homemade Refried Black Beans or Southwestern Chicken Power Bowl

13

Flatbread Friday:  
Steak & Cheese Flatbread, Twister Fries, with Veggies & Dips or Chicken Shawarma Chef Salad with Naan Bread

14



15



16

School Vacation Week



17

Pasta Bar: Choice of Tomato Sauce or Alfredo Sauce, Italian Chicken and Lemon Spinach

18

"Build Your Own" Beef Nachos (tortilla chips, salsa, cheese, sour cream, guacamole) with Mexican Street Corn

19

Buffalo Chicken Sandwich, Sweet Potato Fries, and Peas

20

Chicken & Waffles with Home Fries and Fruit Salad

21



22



23

General Gao's Chicken, House Veggie & Egg Fried Rice, Sesame Broccoli or Falafel Greek Salad with Tzatziki

24

Celebrate Mardi Gras  
Chicken & Sausage Gumbo, Cajun Potato Salad and Corn Maque Choux or Muffaletta Chef Salad

25

Cheeseburgers & Roasted Ranch Potatoes with Fresh Veggies & Dips or Tuna Salad Chef Salad

26



27

BBQ Pulled Pork Sandwiches, Cowboy Beans & Orange Roasted Brussel Sprouts or Chicken Shawarma Chef Salad with Naan Bread

28

