



LUNCH

# FEBRUARY 2026

## PAL Charter Middle School

FEBRUARY 1 - FEBRUARY 27

Monday

VEGGIE FRIED RICE W/ CHICKEN EGG ROLLS **2**  
 FRESH FRUIT  
 FRUIT JUICE  
 (V) (DF) ALTERNATE: PB & J SANDWICH W/ BABY CARROTS OR YOGURT & FRUIT PARFAIT W/ GRANOLA  
 ORGANIC LOW FAT MILK  
 SOY/NUT MILK ALTERNATIVE



ABRAHAM LINCOLN'S  
*Birthday*  
 OBSERVED  
 CAMPUS CLOSED

President's Day  
 Observed

Campus Closed

VEGGIE FRIED RICE W/ CHICKEN EGG ROLLS **23**  
 FRESH FRUIT  
 FRUIT JUICE  
 (V) (DF) ALTERNATE: PB & J SANDWICH W/ BABY CARROTS OR YOGURT & FRUIT PARFAIT W/ GRANOLA  
 ORGANIC LOW FAT MILK  
 SOY/NUT MILK ALTERNATIVE

Tuesday

CHICKEN ALFREDO W/ GREEN BEANS & CARROTS **3**  
 FRESH FRUIT  
 FRUIT JUICE  
 (V) (DF) ALTERNATE: PB & J SANDWICH W/ BABY CARROTS OR YOGURT & FRUIT PARFAIT W/ GRANOLA  
 ORGANIC LOW FAT MILK  
 SOY/NUT MILK ALTERNATIVE

SEASONED CHICKEN NUGGETS W/ MASHED POTATOES & BUTTERED ROLL **10**  
 FRESH FRUIT  
 FRUIT JUICE  
 (V) (DF) ALTERNATE: PB & J SANDWICH W/ BABY CARROTS OR YOGURT & FRUIT PARFAIT W/ GRANOLA  
 ORGANIC LOW FAT MILK  
 SOY/NUT MILK ALTERNATIVE

CHICKEN & WAFFLES **17**  
 FRESH FRUIT  
 FRUIT JUICE  
 (V) (DF) ALTERNATE: PB & J SANDWICH W/ BABY CARROTS OR YOGURT & FRUIT PARFAIT W/ GRANOLA  
 ORGANIC LOW FAT MILK  
 SOY/NUT MILK ALTERNATIVE

CHICKEN ALFREDO W/ GREEN BEANS & CARROTS **24**  
 FRESH FRUIT  
 FRUIT JUICE  
 (V) (DF) ALTERNATE: PB & J SANDWICH W/ BABY CARROTS OR YOGURT & FRUIT PARFAIT W/ GRANOLA  
 ORGANIC LOW FAT MILK  
 SOY/NUT MILK ALTERNATIVE

Wednesday

CHICKEN CARNITAS SALAD W/ QUESADILLA **4**  
 FRESH FRUIT  
 FRUIT JUICE  
 (V) (DF) ALTERNATE: PB & J SANDWICH W/ BABY CARROTS OR YOGURT & FRUIT PARFAIT W/ GRANOLA  
 ORGANIC LOW FAT MILK  
 SOY/NUT MILK ALTERNATIVE

BEEF HOT DOG W/ STREET CORN **11**  
 FRESH FRUIT  
 FRUIT JUICE  
 (V) (DF) ALTERNATE: PB & J SANDWICH W/ BABY CARROTS OR YOGURT & FRUIT PARFAIT W/ GRANOLA  
 ORGANIC LOW FAT MILK  
 SOY/NUT MILK ALTERNATIVE

CHICKEN JAMBALAYA **18**  
 FRESH FRUIT  
 FRUIT JUICE  
 (V) (DF) ALTERNATE: PB & J SANDWICH W/ BABY CARROTS OR YOGURT & FRUIT PARFAIT W/ GRANOLA  
 ORGANIC LOW FAT MILK  
 SOY/NUT MILK ALTERNATIVE

CHICKEN CARNITAS SALAD W/ QUESADILLA **25**  
 FRESH FRUIT  
 FRUIT JUICE  
 (V) (DF) ALTERNATE: PB & J SANDWICH W/ BABY CARROTS OR YOGURT & FRUIT PARFAIT W/ GRANOLA  
 ORGANIC LOW FAT MILK  
 SOY/NUT MILK ALTERNATIVE

Thursday

RED BEANS & RICE W/ CHICKEN CORNBREAD MUFFIN **5**  
 FRESH FRUIT  
 FRUIT JUICE  
 (V) (DF) ALTERNATE: PB & J SANDWICH W/ BABY CARROTS OR YOGURT & FRUIT PARFAIT W/ GRANOLA  
 ORGANIC LOW FAT MILK  
 SOY/NUT MILK ALTERNATIVE

BBQ BAKED CHICKEN, GREEN BEANS & ROLL **12**  
 FRESH FRUIT  
 FRUIT JUICE  
 (V) (DF) ALTERNATE: PB & J SANDWICH W/ BABY CARROTS OR YOGURT & FRUIT PARFAIT W/ GRANOLA  
 ORGANIC LOW FAT MILK  
 SOY/NUT MILK ALTERNATIVE

FRENCH ONION STEAK, RICE, & CORN SUCCOTASH **19**  
 FRESH FRUIT  
 FRUIT JUICE  
 (V) (DF) ALTERNATE: PB & J SANDWICH W/ BABY CARROTS OR YOGURT & FRUIT PARFAIT W/ GRANOLA  
 ORGANIC LOW FAT MILK  
 SOY/NUT MILK ALTERNATIVE

FRIED CHICKEN, MAC & CHEESE, FRIED CABBAGE, CORNBREAD **26**  
 FRESH FRUIT  
 FRUIT JUICE  
 (V) (DF) ALTERNATE: PB & J SANDWICH W/ BABY CARROTS OR YOGURT & FRUIT PARFAIT W/ GRANOLA  
 ORGANIC LOW FAT MILK  
 SOY/NUT MILK ALTERNATIVE

Friday

**6**

**13**

**20**

**27**

This Institution is an equal opportunity provider.  
 All grains offered are Whole Grain Rich

(V)- Vegetarian (DF) - Dairy Free

Choice of Organic Low Fat Milk or Soy Milk is offered daily

Menu items are subject to change based on product availability