



LUNCH

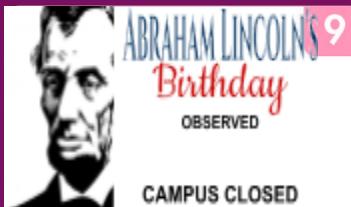
## FEBRUARY 2026

PAL Charter High 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



CAMPUS CLOSED

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  
 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  
 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 ORGANIC LOW FAT MILK  
 SOY/NUT MILK ALTERNATIVE



BBQ BAKED CHICKEN, GREEN BEANS & ROLL  
 FRESH FRUIT  
 FRUIT JUICE  
 (V) (DF) ALTERNATE: PB & J SANDWICH w/ BABY CARROTS ORGANIC LOW FAT MILK  
 SOY/NUT MILK ALTERNATIVE

Friday



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President's Day **16**  
 Observed



Campus Closed

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

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



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



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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



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



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



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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