

## WRAAA February 2026 Kosher Menu

Menu written by: Dan Kaminski

Menu Approved by: *Ann Stahlheber, MS, RDN, LD*

Each meal is served with 8 oz Non Dairy Milk Alternative

Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 3	Feb 4	Feb 5	Feb 6	Feb 7
<b>Chicken Ceasar Salad</b> , 3oz chicken, 1 cup <b>spring mix</b> , 1 cup fresh <b>vegetables</b> , 1 oz croutons <b>Orange</b> , 1 medium <b>Oatmeal cookie</b> , 2 oz	<b>Chicken (bone in)</b> , 3oz <b>Mashed Potato</b> , ½ cup Grilled <b>Vegetables</b> , ½ cup <b>Corn salad</b> , ½ cup <b>Banana</b> , 1 medium <b>WG tortilla Chips</b> , 2 oz	<b>Grilled Turkey</b> , 3oz <b>Peas</b> , 1 cup <b>Potato Bureka</b> , ½ cup <b>potato</b> , <b>Grain</b> , ½ cup <b>Whole wheat bread</b> , 1 oz <b>Margarine</b> , 1 PC	<b>WG Spaghetti</b> , 1 cup <b>Meatballs</b> , 3oz <b>Marinara</b> , ½ cup <b>Ratatouille</b> , ½ cup <b>Apple sauce</b> , ½ cup	<b>Chili</b> , 3oz beef <b>Beans</b> , 1 cup <b>Buckwheat</b> , 1 cup <b>Sauce</b> , 4oz <b>Apple</b> , 1 medium
Feb 10	Feb 11	Feb 12	Feb 13	Feb 14
<b>Cobb Salad</b> 1 cup <b>spring mix</b> , 1 cup fresh <b>vegetables</b> , 4 oz <b>chicken</b> <b>Fruit cup</b> , 1 cup <b>WG tortilla Chips</b> , 2 oz	<b>Crispy chicken</b> , 3oz <b>Quinoa salad</b> , ½ cup quinoa, ½ cup veggies (cooked) <b>Cabbage salad</b> , 1 cup <b>Fruit Juice</b> , 4oz	<b>Grilled chicken</b> , 3oz <b>Bun</b> , 5oz <b>Fresh veggies</b> , 1 cup <b>Fried eggplant and onion</b> , ½ cup <b>Banana</b> 1 medium <b>Oatmeal cookie</b> , 2oz	<b>Goulash</b> , 3oz beef <b>Majadra</b> , ½ cup rice, ½ cup <b>lentils</b> <b>Beet salad</b> , ½ cup <b>Orange</b> , 1 medium <b>Whole wheat bread</b> , 1 oz	<b>Stuffed pepper</b> ½ medium <b>pepper</b> , ½ cup <b>rice</b> , 3oz ground <b>beef</b> <b>Cucumber salad</b> , 1 cup <b>Apple</b> , 1 medium <b>Whole wheat pita</b> , 1oz
Feb 17	Feb 18	Feb 19	Feb 20	Feb 21
<b>Chickpea salad</b> (2.5 oz protein equivalent, 1 cup fresh vegetables) <b>Grilled Chicken</b> , 2oz <b>Fruit cup</b> 1 cup <b>Roasted Yams</b> , ½ cup <b>Whole wheat bread</b> , 2oz <b>Margarine</b> , 1 PC	<b>Chicken cacciatore</b> , 3oz chicken, ½ cup veggies <b>Roasted potato</b> , ½ cup <b>Fruit Juice</b> , 4oz <b>Oatmeal cookie</b> , 2oz	<b>Falafel</b> , 4 oz protein equivalent <b>Pita</b> , 2 oz <b>Fries</b> , 1 cup <b>Ketchup</b> , 1 PC <b>Orange</b> , 1 medium	<b>Chicken soup</b> , 3oz chicken, ½ cup veggies <b>Fattoush</b> , 1 cup fresh veggies <b>Banana</b> , 1 medium <b>WG tortilla Chips</b> , 2 oz	<b>Arrais</b> , 3oz ground <b>beef</b> <b>Cooked vegetables</b> , ½ cup <b>Carrot salad</b> , 1 cup <b>Apple</b> , 1 medium <b>Whole wheat pita</b> , 2 oz
Feb 24	Feb 25	Feb 26	Feb 27	Feb 28
<b>Grilled chicken salad</b> (4oz chicken, 1 cup spring mix, 1 cup fresh vegetables) <b>Fruit cup</b> , 1cup <b>Israeli couscous</b> , 1 cup <b>Whole wheat bread</b> , 1oz <b>Margarine</b> , 1 PC	<b>General Tso's chicken</b> , 3oz chicken <b>Rice</b> , 1 cup <b>Vegetable stir fry</b> , 1 cup <b>Fruit Juice</b> , 4oz	<b>Roasted Beef</b> , 3 oz <b>Roasted Potato</b> , ½ cup <b>Green beans</b> , ½ cup <b>Couscous</b> , 1 cup <b>Orange</b> , 1 medium <b>Oatmeal cookie</b> , 2oz	<b>Beef</b> , 3oz ground <b>beef</b> <b>Kasha</b> , ½ cup <b>Pasta</b> , ½ cup <b>Roasted Butternut Squash</b> , 1 cup <b>Banana</b> , 1 medium	<b>Chicken wings</b> , 4 oz <b>Sweet potato fries</b> , 1 cup <b>Coleslaw</b> , ½ cup <b>Apple</b> , 1 medium <b>Whole wheat pita</b> , 2 oz

Example: Choose daily menu or Alternate meal. Alternate meal is: Falafel (3 oz), Pita 2 oz, 1 cup spring mix salad, ½ c hummus, 1 orange, and milk alternative 8 oz