





February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
SPV – Grape Tomatoes 4 Chicken Nuggets with a WG Soft Pretzel Or- Italian Hoagie  Or-Yogurt & Cheese Stick with a WG Soft Pretzel Glazed Carrots Mixed Fruit	5 Chicken Fried Steak w/Gravy and a WG Dinner Roll  Or- Southwest Chicken Wrap Or-Yogurt & Cheese Stick with a WG Dinner Roll Mashed Potatoes and Gravy Fresh Banana	6 Pizza Hut Pizza Or- Chicken Salad Croissant Or- Yogurt & Cheese Stick with a WG Soft Pretzel Romaine Salad with Croutons Cinnamon Applesauce	7 Crispy Carnitas Tacos with Lettuce & Cheese Cup  Or- Sunshine Chicken Salad with a WG Dinner Roll Or-Yogurt & Cheese Stick with a WG Dinner Roll Seasoned Black Beans Strawberries	8 Chili Mac with a WG Breadstick  Or- Ham and Cheese Hoagie  Or-Yogurt & Cheese Stick with a WG Breadstick Green Beans Fresh Pear
SPV – Red Bell Pepper Strips 11 Colby Cheese Omelette with a WG Long John Donut Or- Salami, Cheese & Crackers with a NutriGrain Bar  Or-Yogurt & Cheese Stick with a WG Long John Donut Sweet Potato Tots Mandarin Orange Segments	12 Beef & Cheese Nachos  Or- Buffalo Chicken Wrap Or-Yogurt & Cheese Stick with a WG Dinner Roll Refried Beans Orange Wedges	13 Teriyaki Chicken with Brown Rice Or- Southwest Chicken Salad with a WG Breadstick Or-Yogurt & Cheese Stick with a WG Breadstick Steamed Broccoli Pineapple Tidbits Fortune Cookie	14 ♥ Valentine's Day  Love Me (Chicken) Tenders with a WG Darling Dinner Roll Or- Roast Beef Sandwich  Or-Yogurt & Cheese Stick with a WG Darling Dinner Roll Cupid Cucumbers Romantic Raisels Be Mine Chocolate Brownie	15 Turkey Bacon Flatbread with Red Pepper Aioli Sauce  Or- Crispy Chicken Salad with a WG Flatbread Or-Yogurt & Cheese Stick with WG Flatbread Peas Fresh Apple
SPV – Baby Carrots 18 President's Day Westside No School Breaded Mozzarella Sticks with Marinara Sauce Or-Yogurt & Cheese Stick with a WG Soft Pretzel Ranch Beans Fruit Medley	19 Chicken Waffle Sandwich Or- Tuna Salad Sandwich Or-Yogurt & Cheese Stick with a WG Breadstick Tater Tots Blueberries	20 Pizza Hut Pizza Or- Turkey BLT  Or-Yogurt & Cheese Stick with a WG Breadstick Fresh Broccoli Peaches	21 Turkey Pot Pie with a WG Biscuit Or- Hummus, Flatbread & Fresh Vegetables Or-Yogurt & Cheese Stick with a WG Biscuit Steamed Carrots Fresh Apple	22 Macaroni and Cheese with WG Garlic Bread Or- Asian Chicken Salad with WG Garlic Bread Or-Yogurt & Cheese Stick with Garlic Bread Crispy Celery Sticks Pears
SPV – Grape Tomatoes 25 Mini Corn Dogs Or- Turkey & Cheese Hoagie Or-Yogurt & Cheese Stick with a WG Breadstick Baby Carrots Pineapple Tidbits	26 Roasted Chicken Legs with a WG Dinner Roll Or- Chef Salad with a WG Dinner Roll  Or-Yogurt & Cheese Stick with a WG Dinner Roll Colorful Mixed Veggie Blend Fresh Banana	27 Cheeseburger on a Bun  Or- Turkey Custer  Or-Yogurt & Cheese Stick with a WG Breadstick Jazz'd Crinkle Cut French Fries Applesauce	National Chili Day 28 Texas Style Chili with a WG Cinnamon Roll  Or- Cottage Cheese and Fruit with a WG Cinnamon Roll Or-Yogurt & Cheese Stick with a WG Cinnamon Roll Chili Beans Strawberries	1 Herb Roasted Chicken over Bow Tie Pasta with WG Garlic Bread Or- Beef Taco Salad with WG Garlic Bread  Or-Yogurt & Cheese Stick with a WG Garlic Bread Steamed Broccoli Mixed Fruit Chocolate Chip Cookie

8 oz. nonfat flavored or 1% unflavored milk served daily. Menus subject to change.  Denotes PORK in main entrée.  Denotes BEEF in product

This institution is an equal opportunity provider and employer.