

Monday

Tuesday

Wednesday

Thursday

Friday

Meal Prices:

K-5: \$2.40
 6-8: \$2.60
 9-12: \$2.75
 Reduced: \$0.40
 Adults: \$3.60

Chicken Strips
 Mashed potatoes w/ Gravy
 Green Beans
 WG Dinner Roll
 Peach slices
 Blackberries (new)
 Milk Choice

Ground Hog Day
 Stuffed Crust Pizza
 Tossed Salad w/ Grape Tomatoes
 Garbanzo beans
 Fruit Salad
 Kiwi
 Fudge Bar
 Milk Choice

BBQ Rib Sandwich
 Pickles and onion
 Sweet potato fries
 Steamed corn
 Warm Cinnamon apples
 Orange slices
 Milk Choice

Macaroni & Cheese
 Little Smokies
 Green beans
 Baby carrots
 Fruit cocktail
 Fresh Strawberries
 WG Dinner Roll
 Milk choice

Chicken Nuggets
 w/ sweet & sour dipping sauce
 Rice Pilaf
 Oriental Vegetables
 Garden Salad
 Pineapple
 Grapes
 Milk Choice

Hot Dog
 Tater gems
 Baked beans
 Cantaloupe Cubes
 Tropical fruit
 Chocolate Chip Cookie
 Milk Choice

Breaded Mozzarella
 Cheese sticks
 Marinara Sauce
 Steamed Broccoli
 Tossed salad
 Mandarin Oranges
 Fresh fruit
 Milk Choice

Chicken Tetrizzini
 WG dinner roll
 Steamed Peas
 Baby carrots
 Diced Peaches
 100% Whole Fruit Frozen Cup
 Milk Choice

Beefy Cheese Dip
 Tortilla chips & Salsa
 Garden Salad
 Black Beans
 Tropical Fruit
 Fresh fruit choice
 Royal Brownie
 Milk Choice

In-Service Day

In-Service Day

No School

No School

Hamburger on a
 Whole Grain bun
 Pickles and onions
 Ranch potato wedges
 Baked beans
 Fresh Kiwi
 Cinnamon Apple slices
 Milk Choice

Corn Dog
 Cheesy Broccoli
 Baby Carrots
 Mandarin Oranges
 Honeydew cubes (new)
 Go-Gurt
 Milk Choice

Stromboli
 Marinara sauce
 Capri vegetables
 Garden Salad
 Grapes
 Citrus Salad
 Milk Choice

Cheesy Fish Sandwich
 Colorful Chopped Salad (new)
 Steamed corn
 Tropical fruit
 Pear wedge
 Oats & Honey Granola bar
 Milk Choice

Mini Waffles
 Cheese Omelet
 Tri Tater
 Broccoli florets
 Strawberries and Pineapple
 100% Fruit Juice
 Milk Choice

Beef fingers
 Mashed potatoes w/ gravy
 Green beans
 WG dinner roll
 Sliced peaches
 Grapes
 Milk Choice

Chili and Cheese
 Whole grain crackers
 Cinnamon roll
 Celery sticks
 Garden salad
 Kiwi
 Tropical Fruit
 Milk Choice

We all associate February with Valentine's Day, but did you know that this month is known for being "Heart month" for other reasons? Back in 1963, Congress required the president to proclaim February as "American Heart Month" in an effort to raise awareness about one of the leading causes of death – Heart disease. Some of the best weapons against heart disease risk include knowing your family health history, understanding warning signs, and striving to meet the American Dietary Guidelines for nutrition and physical activity requirements. Although the risk of heart disease in children is relatively low, research shows that controlling as many of the following risk factors as possible, starting in childhood, will help reduce your child's risk of developing heart disease as an adult. Follow us on Facebook this month for articles related to heart health.