

Monday

Tuesday

Wednesday

Thursday

Friday



Macaroni & Cheese **1**
 Meatballs
Whole Wheat Bread & Jelly (6-12)
 Green beans
 Salad Bar
 Canned Fruit Choice
 Fresh Fruit Choice
 Milk Choice

Turkey & Cheese **4**
 Sub Sandwich
 Leaf Lettuce & Tomato Slice
 Sweet Potato Fries
 Salad bar
 Fresh Kiwi
 Canned Fruit Choice
 Milk Choice

Beef & Bean Burrito **5**
Tortilla Chips (9-12)
 Salsa
 Mexican fiesta Corn
 Salad Bar
 Fresh Fruit
 Canned Fruit
 Milk Choice

Stromboli **6**
 Marinara Sauce
 Garden Salad
 Fresh Fruit Choice
 100% Whole Fruit Frozen Cup
 Milk Choice

BBQ Beef on a Bun **7**
 Baked Beans
 Salad Bar
 Summer Fruit Salad
 Canned Fruit Choice
 Milk Choice

Stuffed Crust Cheese **8**
 Pizza
 Seasoned Corn
 Salad Bar
 Fresh Grapes
 Canned Fruit Choice
 Snickerdoodle Cookie
 Milk Choice

Pig in a Blanket **11**
 Roasted Red Potatoes
 Salad bar
 Fresh Apple Slices
 Canned Fruit Choice
 Milk Choice

Chicken & Noodles **12**
Whole Wheat Roll & Honey (6-12)
 Mashed Potatoes
 Salad Bar
 Fresh Fruit
 Canned Fruit Option
 Milk Choice

Spaghetti w/ Meat Sauce **13**
 Garlic Bread
 Green beans
 Mashed Potatoes
 Salad bar
 Clementine
 Canned Fruit Choice
 Milk Choice

Taco Salad **14**
 & Tortilla Chips
 Refried Beans & Salsa
 Salad bar
 Fresh Fruit
Cinnamon Puff (6-12)
 Canned Fruit Choice
 Milk Choice

Chicken Wrap **15**
 Lettuce/Tomato
 Salad Bar
 Tropical Fruit
 Fresh grapes
 Oatmeal Cookie
 Milk Choice

Mini Meatball Sub **18**
 Ranch Potato Wedges
 Salad Bar
 Fresh Fruit
 Canned Fruit Choice
 Milk Choice

Popcorn Chicken **19**
Whole Wheat Roll (6-12)
 Baked Beans
 Salad Bar
 Apricot Halves
 Fresh Fruit Choice
 Milk Choice

20
 No School

21
 No School

22
 No School

Pork Rib on a Bun **25**
 Pickles & Onions
 Sweet Potato Puffs
 Salad Bar
 Fresh Apple
 Canned Fruit Choice
 Milk Choice

Mozzarella Cheese Sticks **26**
 Marinara Sauce
 Green Beans
 Garden Salad
 Fresh Orange
 Canned Fruit Choice
 Milk Choice

Corn Dog **27**
 Peas & Carrots
 Salad Bar
 Fruit Cocktail
 Honey Apple Crisp
 Fresh Fruit Choice
 Milk Choice

Pizza Quesadilla **28**
Tortilla Chips (9-12)
 Black Bean & Corn Salsa
 Salad Bar
 Fresh Cantaloupe
 Canned Fruit Choice
 Milk Choice



February is Heart Health Awareness and this year we're joining the National Heart, Lung, and Blood Institute and *The Heart Truth*® to spread the word that reducing the risks of heart disease is more achievable when you're part of a team. #OurHearts are healthier together. Visit www.nhlbi.nih.gov/heartmonth for more information and to see what others in your community are doing. Also, be sure and follow us on Facebook for Heart Healthy tips throughout the month. Let's encourage and motivate each other to be heart healthy!