

FEBRUARY 2024

MOSS PUBLIC SCHOOL

LUNCH



School Information: THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER
High School meals also include salad bar and juice .



February is American Heart Month. Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

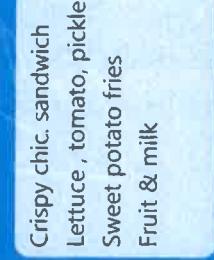
MONDAY



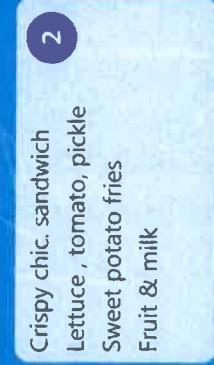
WEDNESDAY



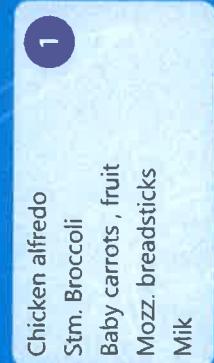
TUESDAY



FRIDAY



THURSDAY



SCHOOL

5 Crispiitoes , salsa
Tortilla chip
Roasted veggies ,fruit
Yogurt & milk

6 Chicken fried steak
Baked potato
Green beans , fruit
W.W. roll & milk

7 Walking taco , salsa
Veggie cup
Fruit
Milk

8 Corndog
French fries
Baked beans , fruit
Milk

9 Stromboli
Tater tots
Baby carrots w/ dip
Fruit & milk

10 Buffalo chic. nachoes
Salsa , beans
Fruit
Milk

11 Valentine's Day
Hot dog w / chili , fries
Cucumbers , fruit
Sweetheart cookie ,fruit
Milk

12 Spaghetti
Steamed broccoli
String cheese ,fruit
Milk

13 Taco soup
Cheese pockets
Salad , celery
Fruit & milk

14 Burrito
Tortilla chips , salsa
Veggie cup , fruit
Milk

15 Pizza
Salad , cherry tomatoes
Fruit
Milk

16 No School Today

17 Pulled pork sandwich
Sweet potato fries
Celery , fruit
Milk

18 Chic. noodle soup
Cheese pockets
Salad , cherry tomatoes
Yogurt ,fruit & milk

19 Rice , Chic. & queso
Tortilla chips & salsa
Beans ,apples
Milk

20 Leaping leg
Extra day taters ,
More money veggies
Fruitful fruit & milk

21 Cheeseburger w/ works
Fries , baked beans
Fruit
Milk

22 Pulled pork sandwich
Sweet potato fries
Celery , fruit
Milk

23 No School Today

24 Leaping leg
Extra day taters ,
More money veggies
Fruitful fruit & milk

25 No School Today

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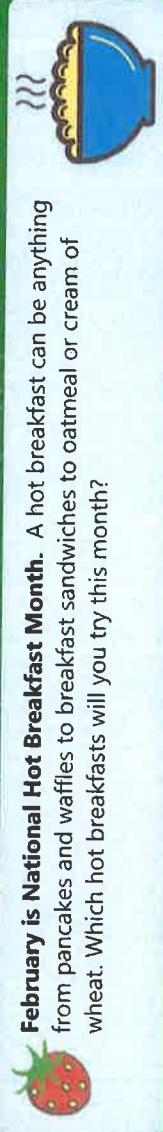
MOSS PUBLIC SCHOOL

BREAKFAST

School Information: THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.



February is National Hot Breakfast Month. A hot breakfast can be anything from pancakes and waffles to breakfast sandwiches to oatmeal or cream of wheat. Which hot breakfasts will you try this month?



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



Cereal

5
Biscuit & sausage
Cereal , juice
Fruit & milk

6
Breakfast bar
Cereal , juice
Fruit & milk

7
Biscuit & sausage gravy
Cereal , juice
Fruit & milk

8
Sausage roll
Cereal , juice
Fruit & milk

9
Cheesy eggs , toast
Cereal , juice
Fruit & milk

10
Cinnamon roll
Cereal , juice
Fruit & milk

11
Cinnamon roll
Cereal , juice
Fruit & milk

12
Oatmeal , toast
Cereal , juice
Fruit & milk

13
Tornadoes
Cereal , juice
Fruit & milk

14
Valentine's Day
Donut
Cereal juice
Fruit & milk

15
Bac/egg/cheese biscuit
Cereal juice
Fruit & milk

16
No School

17
Breakfast burrito /salsa
Cereal , juice
Fruit & milk

18
French toast sticks
Cereal , juice
Fruit & milk

19
Pancakes & sausage
Cereal , juice
Fruit & milk

20
Presidents' Day
No School

21
Breakfast taco / salsa
Cereal juice
Fruit & milk

22
Biscuit & sausage gravy
Cereal , juice
Fruit , milk

23
Sausage roll
Cereal , juice
Fruit & milk

24
French toast sticks
Cereal , juice
Fruit & milk

25
Biscuit & sausage gravy
Cereal , juice
Fruit , milk

26
French toast sticks
Cereal , juice
Fruit & milk

27
Breakfast burrito /salsa
Cereal , juice
Fruit & milk

28
French toast sticks
Cereal , juice
Fruit & milk

29
Biscuit & sausage gravy
Cereal , juice
Fruit , milk